

UNIVERSITY OF TORONTO



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HOMŒOPATHIC
FAMILY INSTRUCTOR.

BY

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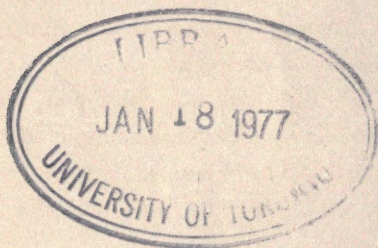
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P R E F A C E.

NUMEROUS additions,—and which are, it is to be hoped, as regards the general utility of the work, improvements,—have been made to this edition of the “*Homœopathic Family Instructor*.” These will give to the reader of this work a more ample repertory of disease, and increased facility in the selection of remedies.

Parts VIII. and IX. are altogether fresh matter; they treat of a considerable number of the special “*Affections of Women*,” and of the most important urinary diseases (*e.g.* “*Inflammation of the Kidneys*,” etc.). Care has been taken, in treating of these diseases, to avoid all matter that might be objectionable in a domestic work.

Among the additions will be found, in various parts of the book, observations and instructions respecting Dropsy, Lockjaw, Hay Fever, etc.

The diseases peculiar to India and the Colonies are treated of in a separate work.

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PREFACE TO THE FIRST EDITION.

THE favourable reception already afforded by non-professional homœopathists to the compressed edition of this work, is a sufficient warrant for, and encouragement to, the production of a domestic work on Homœopathy, of the size and scope of the "*Homœopathic Family Instructor*."

Homœopathic domestic works necessarily resemble one another in their general outlines. The Homœopathic Family Instructor, however, possesses two leading characteristics;—the first is the absence of any *directions*,—with respect to the *doses* employed, to the form of the remedy, and to the manner of its administration,—in a separate form from the body of the work. This is accomplished by stating the dose, most usually administered by homœopathists, wherever a medicine is referred to, in the three forms usually employed,—globules, pilules, and tinctures. The second characteristic, above noticed, is confined to the last division (Part IX., *Materia Medica*). This is much more comprehensive than is usual in works of this class; for there is not only given a dry record of the symptoms of the remedies referred to in this volume, but they are presented to view, as far as possible, in a form similar to that of their appearance in specified diseases.

RICHARD EPPS.

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Aconitum Napellus, . . . 3	Hepar Sulphuris, . . . 6
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Dulcamara, . . . 3	Veratrum Album, . . . 6
Euphrasia, . . . 3	Viola Tricolor, . . . 3

EXTERNAL REMEDIES.

Arnica Montana, Calendula, Bryonia, Cantharis, Ledum Palustre, Rhus Toxicodendron, Camphor (Concentrated Tincture of).

NOTE.

Additional Remedies.—Acidum Fluoricum, 6; Acidum Phosphoricum, 3; Acidum Sulphuricum, 3; Apis Mellifica, 3; Aurum Muraticum, 3; Chelidonium Majus, 3; Chininum Sulphuricum, 3; Crotalus, 6; Croton Tiglium, 12; Digitalis, 3; Ferrum, 6; Hamamelis Virginica, 3; Lobelia Inflata, 6; Mercurius Corrosivus, 3; Sabina, 3.

Additional External Remedies.—Sabina, Thuja.

The *Additional Remedies* are seldom, if ever, required in domestic treatment. See footnote, page 160.

The figure against each medicine indicates its potency (strength).

PART I.

INTRODUCTION, SYMPTOMS OF DISEASE,
DIET, HYGIENE, TABLES.

PRACTICE OF HOMŒOPATHY.

INTRODUCTORY REMARKS.

HOMŒOPATHY is the practical application of the law "*Similia similibus curantur*"—that is, *Likes are cured by likes*—to the cure of disease. This law as an axiom would read, *It is impossible for two similar diseases to exist in the same individual, and at the same time.*

The above-mentioned law of cure was first applied to the cure of disease by Samuel Hahnemann. In times gone by, in fact during the last two thousand years, the principle of "*similia similibus curantur*" has been hinted at incidentally by various medical writers, but, until its discovery by Hahnemann, it has never been adopted as the *true law* governing the choice of medicines specific to diseased states. More than two thousand years ago Democritus observed the power of hellebore—a drug capable of producing insane symptoms in

the healthy—to restore reason to the insane; Hippocrates noticed the power of vomiting to vomiting.

The homœopathist, having the principle “likes are cured by likes” on which to base treatment of disease, acts in accordance with law, by choosing that drug as a remedy, which given in actively large doses to a healthy person has the power of producing symptoms similar to but not identical with, those of the disease to which it is homœopathic. Observe, the drug symptoms are similar to the disease symptoms, but they are not identical with them, because, though the drug has the power of producing symptoms simulating the natural disease, it cannot produce *ipso facto* the disease. To the majority it may appear superfluous to explain an almost self-evident difference, but as the minority of my readers may have been influenced by our opponents’ version of what is, or should be, homœopathic practice,* in which similarity and identity are convertible terms, I will illustrate the existence of a distinction *with* a difference between the two conditions. Tartar emetic has been known to produce, when given in large and repeated doses in pneumonia, an eruption s

* Such nonsense as the following has been put forward, by allopathists, as illustrative of the logical application of the homœopathic law: to cure an individual poisoned with arsenic, give more arsenic; to resuscitate a body, immerse it in water a little more, or hang it a little more, as the case may be.

closely resembling that of small-pox as to have caused it to be mistaken for that disease. Yet a tartar emetic eruption cannot be, and is not, the small-pox eruption, because tartar emetic cannot produce, in a healthy individual, small-pox,* that disease being dependent upon a miasm *sui generis*. In the provings of sulphur upon the healthy, an eruption was produced, so closely resembling the itch eruption, as to have excited the fear in the prover's mind that the sulphur had produced the true itch. Sulphur has, however, been for ages the empirical and much-abused remedy for itch; it was reserved for homœopathy to show why sulphur is specific in the cure of itch, and to explain its curative action scientifically, instead of empirically. The inquirer into the principle and practice of homœopathy must not confound homœopathy with infinitesimal doses of medicine. It is a popular mistake that the administration in disease of globules is homœopathy; there could not be a greater error. A new reading of an old proverb might run thus: "A globule is homœopathy, but homœopathy is not a globule"—in other words, infinitesimal doses of medicine cannot cure, except homœopathically, any diseased state; but homœopathy can cure disease with appreciable as well as with infinitesimal doses. Two early recorded cases of Hahnemann's are strikingly illustrative of

* Tartar emetic is the remedy principally relied on by homœopaths in the treatment of developed small-pox.

the above statement, and afford a not unfavourable contrast with his two cases as recorded by Dr Boenninghausen.

If a medicine is truly homœopathic to a disease, it does not palliate, it cures the complaint. The following imaginary case will illustrate the above proposition :—

In a case of simple inflammatory fever, where *aconite*, because homœopathic, is specific, the patient, after the administration of the drug, becomes every way more comfortable, and his skin, which was previously hot and dry, becomes cool and moist. In such a case *aconite* gives relief, because it is homœopathic to the entire group of febrile symptoms. The moisture and coolness of the skin, or the profuse perspiration, are not drug effects of the *aconite*, but are the natural result of the vital reaction of the skin.

In a similar case, the allopathist would very likely attempt to relieve the patient by means of a sudorific (sweating medicine), such as Dover's powder, and a saline draught; the profuse perspiration which follows the administration of the powder is not, however, a natural reaction of the organism consequent upon the removal of the fever, but is a drug symptom which palliates (overcomes temporarily) the symptoms, but does not cure them. It is true that the fever may not return; if so, however, the effect is not due to any specific effect of the allopathic remedy, but to the

evanescent nature of the fever, which, having passed through its course, disappears.

HOW HAHNEMANN DISCOVERED HOMŒOPATHY.

The discovery of homœopathy is thus described by M. Rapou, in his interesting work entitled, "Histoire de la Doctrine Médicale Homœopathique." One day, occupied in translating the "*Materia Medica*" of Cullen, at the chapter on Peruvian bark, he (Hahnemann) was struck with the numerous and contradictory properties and applications attributed without criticism to this remedy, and the various hypotheses, more or less singular, to explain its antifebrile action. Then, in one of those sudden inspirations of which the history of great discoveries offers some examples, "Let us cut the knot," he exclaimed; "I will try bark upon myself, and observe its effects." He took a strong decoction of this, and was attacked with an intermittent fever, accompanied by its warning symptoms, and by its three stages of cold, sweat, and heat. To argue from cause to effect, of the febrific properties of bark from its antifebrile faculty, to generalize this mode of action, and apply it to all specifics—such were, for so ardent a genius, the results of this remarkable experiment. He reflected upon these facts, after the manner of

Newton, and the conception of the law of "*similia similibus curantur*" was accomplished. But the above related experiment only showed the efficacy of this law as regards bark. What did Hahnemann do next? I quote from the same writer: "The certainty of this, *i.e.* the application of the law of *similia* to other drugs than bark, could only be established by a long series of experiments. Hahnemann devoted himself entirely to this object. Endowed with perfect health, he was willing, for several years, to put himself into a state of permanent disease. He tried successively the action of the specifics already known, and established for each this remarkable property of producing upon him a totality of symptoms analogous to the groups of symptoms against which, according to the writers, they showed themselves efficacious." "At last, in order to make the counter-proof of his experiments, he administered to the sick substances which had produced upon the healthy a state similar to that under which they were suffering." The complete success attending the latter experiments demonstrated the soundness of the principle upon which they were based.

To show the homœopathic relationship between a drug and a disease, I here insert, for comparison the disease symptoms of scarlet fever and the drug symptoms* of belladonna. Belladonna is more

* By the term "drug symptoms" is meant the pathogenetic effects of a drug upon a healthy individual.

especially the homœopathic specific to the smooth Sydenham variety of scarlet fever. Hufeland was induced by Hahnemann to employ this drug on account of its prophylactic* power, a virtue now allowed to exist by some of the most eminent medical men.

The symptoms of scarlet fever are,—an excessively quick pulse, approaching to 120, until the eruption is out; external and internal burning heat; stinging scraping in the throat when swallowing; the mucous membrane of the back of the mouth, fauces, etc., is fiery red, and those parts are more or less swollen; the rash comes out in smooth scarlet spots, running one into the other, often presenting the appearance of a boiled lobster; the patient cannot sweat where the eruption is out; delirium; swelling of the glands of the neck.

Belladonna produces the following pathogenetic effects, closely simulating the leading symptoms of scarlet fever; namely,—scarlet spots, and erysipelatous redness (smooth, not vesicular) of the face, chest, body, limbs, etc.; sore throat, with feeling of excoriation; enlarged inflamed tonsils; difficulty of swallowing, or inability to swallow; fiery inflammation of the throat; delirium.

* Prophylactic, *i.e.* preventive of.

WHAT ARE THE SO-CALLED ALLOPATHIC SPECIFICS ?

The allopathic school of medicine employ a few special drugs, in a few special diseases, which they call specifics. Such remedies are,—quinine (prepared from Peruvian bark), in intermittent fever; mercury, in syphilis; and iron, in chlorosis. They are, of course, called specifics, because each one is supposed always to cure its so-called specific disease; that is, however, no definition of how they cure. The nearest approach to an explanation of their medicinal action, by an allopathist, can be only a negative one, for the reason that it is impossible to explain their power of curing disease in accordance with the principle of "*contraria contrariis curantur*;" that is to say, they do not cure by creating opposing or alterative symptoms. If, however, the allopathist fall back upon the vague definition, that specifics are so because they are specific to special diseases, he is still very unfortunate in the term; for cases present themselves which remain uncured notwithstanding the use of the so-called specific remedy,—cases of intermittent fever which quinine cannot cure, of syphilis which mercury cannot cure, and of chlorosis which iron does not cure.

The so-called specifics do not always cure those diseases to which they are said to be specific, be-

cause their specific groups of symptoms are not always present. When the mercury or quinine group of symptoms is present among the syphilitic or the ague symptoms, the mercury or the quinine will cure the disease ; if, however, the group of symptoms is not present, the disease will not be cured, for the reason that the remedy is no longer specific. How are all these allopathic contradictions to be explained ? In one word, the so-called " specifics " do not cure *allopathically*, but *homœopathically*. Mercury can only cure syphilis when symptoms are present similar to, but not identical with, those which mercury has the power of producing in the healthy. When such similar symptoms are present, the drug is the " specific," because the homœopathic remedy, and will cure the disease. It is the same with the bark in ague and the iron in chlorosis, and with all those remedies which the allopathists have, of late years, been appropriating, with scarcely ever any acknowledgment, from the homœopathic *materia medica*,—*Belladonna*, in scarlet fever ; *Arnica*, for bruises ; *Rhus toxicodendron*, for strains ; *Aconite*, to remove inflammation in erysipelas, etc.*

If the allopathic school possessed a hundred specifics, instead of the few they lay claim to, there can be no doubt that their specificity would consist, in like manner to those above mentioned, in their

* See page 34, and Mr Henry's Lecture, " Lancet," 10th Dec. 1859.

homœopathic relation to the disease. It is needless to allude here to their really allopathic medicines, because such, instead of being specifics, are only palliatives. Opium does not cure sleeplessness, but only causes a temporary stupifying sleep. Jalap does not cure constipation; it only forces an action of the bowels. The palliative action of allopathic medicines is treated of in the next place.

INJURIOUS EFFECTS OF PALLIATIVE MEDICINES.

There is another class of medicines in great reputation among allopathists,—the palliatives.

I will at once allow that *merely* palliative medicines are truly allopathic in their action; whether, indeed, the two expressions, allopathic and palliative, are not convertible terms, is a question which might be asked, much more easily than answered, of the "*contraria*" school of medicine.

A palliative remedy may be briefly described as a medicine that gives temporary relief. Laudanum, in toothache; a purgative, in constipation; a diuretic, to increase the secretion of urine in dropsy; opium, in diarrhoea,—are all instances of medicines acting merely palliatively.

The system of treating a disease by overcoming its most prominent symptom,* so as to afford tem-

* By means of a drug which has the power, in the healthy state, of producing an opposite condition to that of the disease.

porary relief, is one fraught, in the long run, with evil effects to the patient.

The following case happened a few years since in the author's practice, and illustrates well a class of cases common (if not usually of so marked a character) in homœopathic practice, the result of long continued allopathic palliative treatment:—

Case 42, H.—A. B. first consulted me, September 27, 1860. *Æt.* 27. Constipation. Complains of getting continually weaker. Was formerly stout and fresh complexioned, is now thin, and the complexion pasty. Her bowels first became somewhat costive when about fifteen years of age (twelve years ago), at the beginning of the first catamenia. She first took salts, as a domestic remedy, but afterwards had professional advice. In spite of (or rather owing to) the drugging she received, her complaint got much worse. The purgatives, administered for one six months, were not powerful enough to produce thereafter alvine evacuations. She was continually, until two years since, in the doctor's hands, and taking purgative medicines, and at last her bowels would not act without their administration. For the past two years she has taken opening medicines only at considerable intervals, and has depended for relief upon the employment of enemas; the latter often require six or eight repetitions before any evacuation takes place. Her present symptoms, September 28,—appetite pretty good; heaviness of head, with great mental confu-

sion; catamenia regular; her bowels *never* act without purgatives, in fact she never has a desire until *after* their employment; as before stated, she has lost much flesh, is pale, and has a pasty look about the face. The chief medicines employed were, at first, *Sepia*, *Opium*, and *China*, at a later period *China* and *Chin. sulph.*, *Nux vomica*, and *Veratrum*, and finally *Nux vomica*. She was last seen by me in the beginning of July 1861. Her good looks, colour, etc., returned, and her bowels generally acted without medicine every other day. She told me that she kept a mixture of the *Nux* by her, and took occasionally a dose when her bowels remained confined more than two days. I will conclude my *resumé* of this case by observing that diet and country air did not effect the attained result, for she remained in London during the whole course of treatment, and the only alteration needed in her diet was abstinence from coffee.

The reader, however, must not suppose that the administration of a palliative remedy is wrong, *per se*; the error is the making it, instead of the exception, the rule. The legitimate application of a palliative has been pointed out by Hahnemann in his article upon opium, in the "*Materia Medica Pura*:"—"Opium has sometimes removed slight and recent cases of diarrhœa, vomiting, sleeplessness, trembling, etc., in a perfectly healthy body. A short cough which has been occasioned by a cold—a recent trembling occasioned by fright—a diar-

rhœa which has suddenly been occasioned by fear, by a cold, or other slight causes—retching, which has come on in consequence of a moral emotion, loathing, etc.—may yield to opium, and sometimes does yield suddenly, because all that opium requires to do in these affections is to suppress them for a short while, in order to enable the organism to remove in the meanwhile all disposition to those affections, and to affect its restoration to health by means of its own inherent recuperative power.” The employment of chloroform or ether to produce anæsthesia (insensibility to pain) during the temporary agony of a surgical operation is legitimately palliative.

To return, that palliative remedies (*i.e.* those truly allopathic to the leading symptom of the disease) do not cure, is easily illustrated, as also is the evil effects resulting from their abuse by allopathists. In toothache, from a decayed tooth, rubbing the affected part with laudanum, or taking it internally, relieves, so long as the drug’s soporific effect lasts, the chief symptom; but it will not *cure* the toothache, for the cause remains. To cure the toothache would require the extraction of the tooth.

There has been no remedy, in the *materia medica*, more extensively abused by allopathists than *opium*. It has been given in chronic diseases to relieve (palliate) pain, whilst that class of complaints is the very one where its employment must lead to its abuse. Opium is a drug capable of producing nar-

cotic effects, upon persons unused to its action, in small quantities, whilst individuals accustomed to its use require greatly increased doses. In other words, an individual can get *used* to opium. The late Mr De Quincey, the author of "Confessions of an English Opium-eater," states that, from long use, he was at length in the daily habit of taking 130 grains of this drug; and a case is known of a Turk, in Smyrna, who was in the practice of swallowing daily 180 grains of the same drug. Females, also, afflicted with cancer, often take at last very large doses of its preparations. It results that, as opium does not eradicate, but only temporarily subdues pain, the patient afflicted with a painful chronic ailment, as that one last mentioned, takes opium in continually increasing doses. Another most pernicious misapplication of this drug is its employment to narcotize infants. So-called sedatives (*e.g.* paregoric and Gregory's cordial), by influencing the nervous and digestive systems, produce injurious effects in two ways upon the child. It may be said, that the two last-named applications of opium are merely instances of its illegitimate use, an opinion in which all homœopathists cordially join; but it is very questionable if its abuse be not the natural result of the application to infants of the dogma of *contraria contrariis curantur*.

Again, a purgative does not cure constipation, it only relieves (*i.e.* palliates) its most troublesome symptom. For example, take a case of constipa-

tion owing to a want of tone in the muscular fibres of the large bowel. The want of tone, just referred to, favours the retention of the fæces; irritating the muscular coat will cause its fibres to contract, and so to expel the stool, but in twenty-four hours another stool will have collected, and will require removal, and the having previously irritated the muscular coat to contract will not cause it to do so a second time; the stimulating operation will have to be repeated.

The necessity, in allopathic practice, of repeating the administration of the palliative purgative is an additional evil; for the patient not only remains uncured, but his costive habit of body is increased. The case of A. B. is strikingly illustrative of the evils of purgatives. A. B. commences, at fifteen, for a slightly costive habit of body, the employment of so-called gentle laxatives; she becomes so habituated to their irritative action that she is obliged to employ a somewhat more irritant drug; at last, only the strongest purgatives produce the desired effect. After enduring such a *purgatorial* life for ten years, she is so reduced by the active treatment pursued, that her friends fear her going into a decline. About two more years elapse, after her abandonment of the frequent use of purgatives, before she consults me. During the two years, without medical treatment, she gets no better, but, if anything, worse. It is evident, then, that the benefit derived must be

from the medicinal treatment followed, and not from the mere leaving off of all medicine.

Cases of constipation, similar to the above, very frequently present themselves in homœopathic practice, although the majority are not, perhaps, of so marked a description; these all present the one common feature, of an originally somewhat costive condition of the bowels, of but little moment, presenting itself at the end, after an increasing course of cathartics, as an obstinate case of constipation, difficult to remedy under any treatment, but impossible under that of the allopathist.

THE HOMŒOPATHIC ACTION OF DRUGS EMPLOYED BY ALLOPATHIC PRACTITIONERS.

Allopathic practitioners not only attack the minute doses of homœopathy, but its law, *similia similibus curantur*, or, "Likes are cured by likes." Their condemnation and abuse of the homœopathic law, as being directly opposed to their own method of treatment, should have been avoided, and for this reason, that, by attacking the principle of homœopathy, they render themselves liable to the serious charge of gross inconsistency in their own practice. I have alluded, in a previous chapter, to their treatment of diseases by specifics, and to the fact that the action of those specifics can only be explained homœopathically. It may, perhaps,

be interesting to the reader to review briefly some other medicines, employed by allopathists, which cure, not allopathically, but homœopathically.

The fact of belladonna curing scarlet fever, because it is homœopathic to that disease, has been already pointed out; yet belladonna is now much employed by allopathists in scarlet fever. The property of nitre to increase the secretion of urine is well known. Yet cases are recorded, by allopathists, of the cure of enuresis (incontinence of urine) by nitre. Dr Young, of Chester, employed it against a lingering fever, accompanied by incontinence of urine, in a lady, in ten-grain doses every three hours, and was much astonished to see the urinary affection cease after a week. Dr J. Delcour gave this drug, successfully, in eleven cases out of thirteen of the same disease.*

Colchicum has been for very many years employed, in the treatment of gout, by allopathic physicians. Dr Paris states of colchicum, that, "as a specific in gout, its efficacy has been fully ascertained;" Dr Pereira (another eminent allopathic authority), however, finds fault with the term specific, for the reason that colchicum cannot cure all cases of gout. The fact is, that colchicum is not specific in all cases of gout; it is so, however, in those cases, and in no others, where it is homœopathic to the disease. Allopathists, to make up for their ignorance of when colchicum is or is not specific, give

* Journal de Médecine de Bruxelles.

doses sufficiently large to produce alterative effects, and thus afford temporary relief at the expense of the patient's system. Such palliative practice is, by their own school, termed *scientific*, whilst the administration of colchicum by homœopathists, in cases where it is specific, because homœopathic, is termed quackery, or some other hard sounding name. The alterative action of colchicum (in large doses) might partly account for a certain amount of temporary relief being afforded, but it is not sufficient to explain its specifically curative advantages over other allopathic purgatives, for if colchicum cures gout by producing diarrhœa, why should not any other cathartic do as well?

Arnica montana is another appropriation of our allopathic friends. The juice of this plant is the *now* (thanks to homœopathy) well-known specific remedy for bruises, whether produced by blows or falls, and for their effects.

Previously to the discovery of Hahnemann, "that *arnica* is specific, because it is homœopathic, to the cure of mechanical injuries," *arnica* had been used empirically, as a domestic remedy, in like cases to the above, but had fallen into disuse. Since homœopathy has restored *arnica* to its legitimate sphere of action, it has been again extensively employed by allopathic practitioners. Hahnemann says too truly, if with apparent severity, "The established school of medicine has never succeeded in discovering the specific proper-

ties of this plant (*arnica montana*), nor in finding any certain remedy for that general affection (often very serious) which results from severe falls, shocks, blows, contusions, etc., or from straining or tearing the solid parts of the human frame. At length, after innumerable attempts and trials, the people discovered for themselves the desired remedy in *arnica*. Two hundred years ago a physician named Fehr, communicated to his brethren, for the first time, the discovery of this domestic remedy; since which time *arnica* has been called *Panacea lapsorum*." Hahnemann then adds the following remark, severe and pungent because of its truth, on the ignorance, of the "*contraria contrariis curantur*" school of physic, of specifics, and of the cause of their ignorance: "The case has been similar with regard to all other specifics; the art of medicine owes the knowledge of them to domestic practice, and has never made a single discovery for itself; because those who practise it have not taken the trouble to try the pure effect of natural substances on persons in health." Dover's powder is the medicine which is employed, by the allopathic school, where profuse sweating is considered desirable,—as in rheumatism, dropsy, etc. It is a mixture of opium, *ipecacuanha*, and sulphate of potash. I believe its sweating property to be chiefly due to the opium. The following case, recorded by Wardrop,* shows the power of the

* Wardrop's "Diseases of the Heart."

remedy to remove an already existing debilitating habit of sweating at night: "A young lady was extremely debilitated, and had such profuse perspirations, especially at night, that her linen was frequently changed three times during the night. I gave her a dose of Dover's powder, at bed-time, and the sweating did not return."

Mr Wardrop does not in any way explain, or even attempt to do so, a result so opposed to the theory of his own school, but restricts himself to observing, that,—“In like manner as vomiting is cured by an emetic, and diarrhoea by a purgative, sweating may be sometimes cured by sudorifics,” (*i.e.* sweating drugs). The above remark is truly not an explanation, but a mere statement concerning two facts, patent to all, and which cannot be explained by the allopathic “*contraria contrariis curantur*” theory. To have explained the above case, Mr Wardrop ought to have asked himself, How an emetic* can cure vomiting? and, How a purgative† can cure diarrhoea? Mr Wardrop, however, does not ask himself any such dangerous questions, and he is quite right not to do so, doubting, as he must, and as any really intelligent mind must, the vulgarly material explanation usually given by allopathists—namely, the removal of some (what?) irritating substance from the bowel or the stomach, as the case may be. The last

* A drug which excites vomiting.

† A drug which produces diarrhoea.

so-called explanation is at first sight specious, but will not bear looking into; and why?—because an emetic will cure vomiting when there is no irritating, vomiting-causing substance in the stomach; so with regard to the explanation respecting purgatives and diarrhoea.

A FEW WORDS ABOUT HOMŒOPATHIC DOSES.

The extreme minuteness of the dose in most of the homœopathic preparations is the great bugbear with the many. Very many individuals are ready enough to allow that “there may be something in the principle of homœopathy,” who cannot get over the dose question. The class just referred to cannot, in the first place, understand how it is that there can be any portion of the original drug at all left in the homœopathic medicine; after being informed that the latter contains only the thousandth or millionth part of a grain of the original drug. The common objections to homœopathic doses are treated of further on. I will confine myself now to the question “of the existence of the drug, in infinitesimal quantities, in a homœopathic preparation,” and also to that of their manner of action. It is evident that $\frac{1}{1000}$ th or $\frac{1}{1,000,000}$ th part of a grain of arsenic may be present; the difficulty lies in the inquirer’s inability to comprehend so very

minute a quantity. Many facts are past comprehension, but it by no means follows that they are past belief. No one knows what is the size of an atom, yet scientific men believe in atoms. It is true that we possess Dalton's atomic theory, but that does not afford us any information of the size or weight (*i.e.* specific gravity) of an atom of any one substance. All chemical changes take place in such minutely divided particles, that the size of each of those particles is beyond human comprehension. Common table-salt is a chemical combination of soda and muriatic acid. If I take the smallest quantity in which I can by suitable chemical tests visibly demonstrate those two substances to be present, I can show that they both exist. The shape of a crystal of this salt can be ascertained by the microscope, though it is not evident to the naked eye. By recognising the crystal as one of salt, I recognise the presence of the constituents of salt,—namely, the muriatic acid and the chloride of sodium. Even this is not all, for the soda and the muriatic acid are both, what are called in the laboratory, compound substances,—the first composed of sodium and oxygen, the second of hydrogen and chlorine; in addition, there is a certain quantity of water, called the water of crystallization. To make up, then, the smallest demonstrable crystal of salt four elements are required,—namely, sodium, oxygen, hydrogen, and chlorine. Yet, although we cannot by any test

demonstrate the presence individually of the sodium of the chlorine, etc., we know and believe that the elements of salt must be present.

Homœopathists prepare their medicines in two ways,—namely, by succussions and by trituration. The first method is only applied to soluble drugs, the second to all insoluble and to certain soluble ones. If I dissolve a grain of any soluble substance in one hundred drops of alcohol, no doubt can possibly exist that there is the hundredth part of a grain in each drop of alcohol; matter in solution, whether of water or of alcohol, being equally diffused through each individual particle of such liquid.

Supposing that I then take a drop of such solution, and add to that drop ninety-nine drops of fresh alcohol (after waiting a sufficient length of time, or hastening the natural process by shaking, if preferred), the quantity of matter dissolved in that first drop will become equally dissolved through the whole of the one hundred drops, each drop will then contain the ten-thousandth part of the grain of the substance first taken.

Matter in solution must be equally dissolved throughout such solution, and must continue to exist, whether we are able or unable by our senses or chemical knowledge to demonstrate its existence visibly or not. Nature is not to be limited by our want of knowledge and our circumscribed power of viewing objects. Such a question really concerns

the ultimate division of matter, and becomes one of calculation and figures.

A drug may act upon the human system in two ways,—by its weight (quantity) and by the extension of its surface. The first is the *sine quâ non* of the allopathic school; the second, although not theoretically a necessity of homœopathic practice, has become so through the experience of its followers. What is “extension of surface?” There cannot be a better illustration of the phrase than the homœopathic process of trituration. A grain of gold leaf, one square inch in diameter, is hammered out into one hundred square inches: there is still but a grain of gold, but its surface is extended a hundredfold. If by mere hammering a grain of gold can have its surface so much extended, how much surface is developed when a grain of quicksilver (mercury) is rubbed up (trituated) with ten or a hundred grains of sugar of milk. It is of course incalculable, but it may be easily imagined at hundreds of square feet. If, however, the immense increase of surface developed during trituration be denied, how is it possible to explain the action of quicksilver and other drugs? Quicksilver may be taken in large quantities, and almost with impunity, passing through the digestive tube nearly unchanged. But take a small quantity of quicksilver, say half a dozen grains, and rub it up with twenty times its weight of common loaf sugar, for half an hour, and then take a grain of the mixture

every three hours, and observe the now active properties of the mercury. Yet the mercury is not chemically altered by the trituration. Its new power has been developed by its extension of surface, for the subdivision of the particles of quicksilver is, to all intents and purposes, a method of increasing to an enormous extent the surface of the mercury. The farmer prefers making one large stack of hay to making three smaller ones; and why? but because he knows that by so doing he lessens the surface of hay which is exposed to the action of the weather. That large doses are not only unnecessary, but often preventive of the medicinal effects of a drug manifesting themselves, is shown in the action of the oil of turpentine upon the urinary organs. Large doses of that drug are given by allopathic physicians, for the purpose of expelling tape-worm from the alimentary canal, with little if any effect upon the urinary organs. Yet oil of turpentine, in comparatively small doses, acts as a most violent irritant, causing intense pain when passing water, or even retention of urine, burning, scalding, and bloody urine.

COMMON OBJECTIONS TO HOMŒOPATHIC DOSES.

“There is nothing in it” (*i.e.* in the homœopathic medicine), is a common objection. On requiring some reasons for the truth of the ob-

jector's positive assertion, the inquirer is probably told that he, the denouncer of homœopathic medicine, knows such to be the case, because the globules* or the tinctures do not taste or smell of the drug, because he cannot prove the drug's presence by chemical analysis, or by the aid of the microscope. At the first glance, the above list of objections may appear a rather formidable one, but on closer investigation it will be found that such objections are valueless; they are all negatives, as there is not one positive proof, in the whole list, of the absence of the drug. The analytical objection shows that the tests, at present known to chemists, are not delicate enough to demonstrate the presence of infinitesimal quantities; the failure of the microscopical test proves the deficient magnifying power of that instrument; the taste and smell objections are of too superficial a nature to require notice. Another common objection to homœopathic medicines, is their want of power to produce symptoms in the healthy, or, as the common phrase runs, that the objector can swallow, without any effect, a phialful of globules. The deduction, in the objector's mind, is that, therefore, there is nothing at all in the medicine, which, consequently, can have no effect on any one. This objection is, however, equally fallacious with those before mentioned. The most that can be said of it is, that it shows that infinitesimal doses of medicine may not

*. The vehicle of the drug.

act upon a healthy individual; but, like the other objections, it is a merely negative one. It neither proves the absence of the drug nor its want of power over an unhealthy individual.

For an infinitesimal dose of medicine to produce any effect, one condition is absolutely necessary, and that is an adequate susceptibility to the action of the drug contained in the medicine.

There are some persons so peculiarly susceptible to the action of certain substances, as to be affected by even infinitesimal quantities of them; this susceptibility is called, by medical men, an idiosyncrasy of constitution; this is elsewhere referred to.

The required susceptibility, which is the necessary condition above mentioned, is, however, very different from the idiosyncrasy last noticed, and consists in the presence of a group of symptoms, in the individual taking the insensible dose of medicine, similar to, but not identical with, those which the drug, in sensible (*i.e.* large) doses, has the power of producing on the healthy. In short, the patient's symptoms, to establish a homœopathic *rapprochement* between him and the medicine, must resemble the pathogenetic* effects of the drug.

The homœopathist, therefore, neither expects nor states that infinitesimal doses of medicine produce symptoms in the healthy, but he does say that insensible doses of medicine produce effects in

* Productive of sufferings (symptoms) in the healthy.

those affected with symptoms similar to the drug symptoms.

The illogical stupidity of the wholesale swallower of globules is therefore evident. He tries an experiment by carefully avoiding the one condition necessary to its success, and then, from an experiment so (not) performed, he makes the *sage* deduction, that "the medicine, the subject of his experiment, contains nothing, and can have no possible effect on *any* one." If he were to state that the small-pox miasm could not be present in a house, because a child, previously vaccinated, had slept in it, and had not caught the infection, he would be equally right in his deduction, as in his statement concerning insensible doses of medicine.

Apropos of the small-pox miasm, what have the objectors to infinitesimal doses of medicine got to say about that disease, or about any other miasm—yellow fever, typhus, Asiatic cholera, etc.? How would they set about proving its presence or its absence? Would they deny the possibility of its presence because of their inability to taste it, or to smell it, or to analyze it, or to view it under the microscope? It is evident that by none of these ways can the small-pox miasm be demonstrated. The only way we as yet have of proving its presence, is by seeing its effects on individuals exposed to its influence. It is obvious, however, that one condition, to the success of an investigation into the presence or absence of this miasm, is

absolutely necessary, namely, that the person exposed to the chances of infection must be unprotected in any way, by vaccination or by inoculation, against small-pox. If the individual were protected, the experiment, as a test for small-pox, would be valueless.

From the foregoing considerations, we gather that, any experiment, to prove the powers of a homœopathic preparation, requires, for its success, a certain condition to be fulfilled, and, in like manner, an inquiry into the presence or absence of the small-pox miasm, requires the carrying out of a certain condition. That those who swallow phialfuls of globules do not fulfil the requisite condition, and that, consequently, their so-called experiment is totally without value, must now, I think, be obvious to the reader.

The conclusion I have arrived at, after a due consideration of the objections made against insensible doses of medicine, is, that they are not made for the purpose of arguing, but of begging the question at issue, namely,—can infinitesimal doses of medicine act upon diseased states when in homœopathic relation to them? To conclude, the homœopathist, after fulfilling the condition necessary to the success of the experiment as to the value of infinitesimal doses of medicine in disease, states that such doses do produce curative effects in disease. The allopathist, wilfully neglecting the condition necessary to the success of the experi-

ment, states that such doses have no value. Who is right?

THE EXISTENCE OF INFINITESIMAL QUANTITIES DEMONSTRATED.

I propose, in this place, to show to the unprejudiced inquirer,—*firstly*, that substances in nature act on each other chemically and otherwise in excessively minute quantities; *secondly*, that healthy living bodies can be affected by excessively minute quantities; and, *thirdly*, that living bodies, in certain states of disease, are acutely susceptible to the influence or action of minute particles of matter.

Each affirmative illustration brought forward may be considered of more value than many apparently negative, since affirmative facts will always be such, and can never be changed into negative; negative facts continue such as long as we are, through ignorance, unable to view them correctly and scientifically.

What illustrations does chemistry afford us?

It is known that a grain of *gold* can be hammered until it covers fifty square inches of surface, which surface will contain two millions of visible points,—that is, the 2,000,000th part of a grain of gold can be rendered visible. Again, a grain of iron dissolved in nitro-muriatic acid, and then

mixed with 3137 pints of water, will show its presence in any part of such solution by the addition of the ferrocyanide of potassium, which produces a white or pale blue precipitate, or by the addition of the ferridcyanide of potassium, which causes a blue precipitate (Prussian blue). Again, a solution containing the 450,000th part of iodine will give a blue colour to starch,—that is, half a pint of water containing the 25th part of a grain of iodine will give a visible blue colour to starch. According to Brand, the 5000th part of a grain of arsenious acid in 500,000 parts of water can, after twenty-four hours, be discovered by the ammonio-sulphate of copper test. The extreme sensitiveness of polished silver to sulphuretted hydrogen gas is well known to silversmiths; and white paint, containing white lead, changes to nearly black in a room where gas burns, owing to the presence of a minute portion of the same gas, as an impurity, in the coal gas.

Last, though not least in this division, may be mentioned one of the most remarkable and wonderful scientific discoveries of recent years, the *spectrum analysis*.

The minute quantities of iodine discoverable by the starch test, and of arsenic by Marsh's test, are gigantic, comparatively speaking, to the infinitesimal quantities that can be proved to be present in the atmosphere, or even in that of the sun, by means of the glass prism employed in the above-

mentioned method of analysis. It is well known that a ray of light, in passing through a glass prism, is divided into the prismatic colours; hence the discovery of the cause of the rainbow. The colours produced by the analysis of light, by the prism, constitute, in scientific language, a spectrum. It is the philosophical application of this spectrum which gives the marvellous results attained by Bunsen, Miller, etc. Sir David Brewster first observed the effect upon the spectrum by the interposition of certain gases. Professor Bunsen of Heidelberg noticed, after the discovery of Sir David Brewster, the fact that the insertion of the minutest particle of some mineral into the flame used to make the spectrum, was sufficient to produce results similar to those obtained by the great English philosopher. By the same method of analysis, Kirchhoff has shown that the same metals exist in the sun as in the earth. Will, then, allopathic sneerers at the existence of insensible doses of medicine persist in denying, in the face of such facts, and those further on related by Professor Miller, the possibility of infinitesimal portions of arsenic or of iron being present in their homœopathic preparations?

The subjoined extracts from Professor Miller's very interesting treatise on the Spectrum Analysis, are full of interest :*

“ It revealed to us matters of investigation much

* Read before the British Association, September 1861.

in the same way as the telescope made known to us what was passing in distant worlds, bringing before us not only those particular changes which appeared to be going on in the bodies which compose our solar system, but it appeared, also, further to reveal to us something of the nature of those distant solar orbs which stud the firmament. Not only, however, did it make known those wonders at a distance, but, like the microscope, it revealed to us also quantities of substances *so minute that they would defy any other mode of investigation*; it made known to us bodies which would not only defy, but up to the present time had defied, all the resources of analysis and chemical skill."

"We knew nothing of the solar spectra till Newton revealed it in his great work on optics in that year, his researches having occupied him many years previously." "The professor then went on to say, that in the solar spectrum dark lines or bands were discovered by Wollaston in 1801; and the distinguished German philosopher, Fraunhofer, discovered dark lines crossing the spectrum at right angles to its length. Those lines were made whatever was the material used in the prisms."

After detailing the progressive steps of discovery connected with the spectrum, the learned professor goes on to say: "The next step was the discovery of the *spectra* of COLOURED FLAMES. In 1822, Sir John Herschel made a series of observations upon

coloured lights; and it appeared to Talbot that these observations might be turned to account for *chemical analysis*. Professor Miller then showed by experiment the observations made by Mr Talbot upon lithium and stronthium, the flames of which were so closely allied in colour, that when viewed by the unaided eye but little could be seen to distinguish them one from the other; but the moment they were viewed through the prism there was a marked and striking difference in the bands. Mr Talbot pointed out that soda and potash gave out very peculiar spectra. It did not matter what preparation of potash was used, the result was the same. In the case of the spectra of the alkaline earths, the lines were very numerous. A map (of the spectra) here pointed to was one published by Bunsen and Kirchhoff; another, going much more into detail, had been published by himself. Passing on to another point of great importance, Mr Swan, he said, was the first person who endeavoured to estimate the delicacy of these reactions, and he showed that so minute a quantity *as the one two millionth and a half part of a grain of a salt of sodium could be detected by the colour of its flame*.

Innumerable instances might be given of the tangible effects of infinitesimal quantities on the living organism. All the scents might be adduced as illustrations of this division, but, from want of space, I will refer to but one instance—musk. In the year 538, Justinian rebuilt what is now known

as the mosque of St Sophia ; the mortar employed in the building was charged with musk, and to this day the atmosphere is filled with its fragrance. The favourite boudoir of a former queen* of France was so impregnated with this scent, that when, a few years since, the room was required for a fresh occupant not fond of musk, it was found impossible to eradicate the musk odour, in spite of painting, papering, etc.

In a paper read before the Royal Society by Dr Frankland, on the compounds of ethyl (an organic substance having chemical relation to alcohol), Dr Frankland stated, that a substance which he called distanethyl would produce, when administered merely by the act of smelling, all the symptoms of influenza, such characteristic symptoms lasting for two or three hours.

Take another instance, and one of a much more deadly character. An alloy of arsenic and zinc, if acted upon by strong muriatic acid, gives off a colourless gas, having, however, a garlic odour. (This smell is a characteristic of arsenic employed by chemists in testing for this substance.) This gas is frightfully poisonous even when respired in very small proportions along with common air, and has operated fatally in more than one instance.

In multiplying instances of this division of the action of invisible particles on healthy organisms, we have, as further illustrations, the numerous class

* Marie Antoinette, I believe.

of miasmatic diseases, the poisonous germs of such dreadful maladies as *Asiatic cholera*, *yellow fever*, or, to take a milder type, the common *influenza*; true, it may be said, and with correctness, that individuals so attacked are not in a normal or perfect state of health, from which cause they are predisposed to be affected by wafted poisonous miasmatic matter, when they come into contact with such, and that, but for this predisposing cause, the healthy tone of the individual in question would at once reject such poisonous particles.

That the state of the body is one predisposing it to be acted upon by such minute particles, is but the more favourable to the claims of the homœopathists; for the action of the small doses administered depends on the predisposition of the patient to be acted upon by such minute particles. This predisposition consists in the fact, that he is affected by a diseased state of body, the symptoms of which are similar to (but not identical with) those of poisoning in the healthy body, which the administered drug has the power of producing.

Another illustration of the power of an invisible quantity of a poisonous substance to produce a visibly poisonous effect, is contained in the following extract from a daily paper, in which *lead* dissolved in water in the proportion of one part of *lead* to half a million parts of water was sufficient to produce marked effects:—

“*Poisoning by Lead.*—Mr Herapath, the Bristol

chemist, writing 'as to what quantity of lead may be taken by human beings without injurious effects,' states that a river in the west of England, the water of which was immemorially used by the inhabitants of a village on its banks, became impregnated with the refuse of a lead mine, and the consequences were indigestion, loss of appetite and flesh, and colic. On analysis, the water was found to contain only one 500,000th part of carbonate of lead, or one grain in nine gallons."—*Daily News*, Sept. 25, 1850.

Dr Reynolds, when physician to St Thomas's Hospital, noticed that the colic of workers in lead returned, under any management, if they were allowed to wear their working clothes.

A further illustration of the poisonous effects of the same metal or its compounds is exhibited in that disease frequent among house-painters, known as *painter's colic*. What is the size of the lead particles which produce such effects? Preparations of lead are certainly not volatile at the ordinary temperature, yet this disease is produced by invisible particles of a salt of lead held suspended in the vapourized oil with which it had been mixed, which vapour is further diluted with the atmosphere before it comes in contact with the lining mucous membrane of the individual whom it is to affect.

A few years since, the attention of the public was drawn to cases, in which some of the poisonous symptoms of arsenic were induced by sitting in a

room newly papered, the paper being stained by means of a preparation of this metal.

Instances of imponderably minute particles of ipecacuanha producing the symptoms of poisoning by that drug might be adduced, in which the individuals so affected were so sensitive to the action of this drug, that in dispensing it (allopathically) the effluvia given off has produced such symptoms as distressingly violent sneezing, profuse discharge from the eyes and nose, pain in the chest, difficulty of breathing, sometimes followed by spitting of blood.

In a letter written by a Dr Roberts to the celebrated Pereira is the following passage: "If I remain in a room where the preparation of ipecacuanha is going on, for instance the pulvis ipecacuanha compositum, I am sure to have a regular attack of asthma. In a few seconds, dyspnœa (shortness of breath) comes on in a violent degree, attended with wheezing, and great weight and anxiety about the præcordia (fore-part of the chest). The attack generally remains about an hour."—"I have always considered that the attack proceeds from the minute particles of the ipecacuanha floating in the atmosphere acting as an irritant" to the air passages. Pereira adds, that in some cases "the mere odour of the root seems sufficient to excite difficulty of breathing with a feeling of suffocation."

Yet the allopathist laughs at the homœopathist for believing in the curative power, under favourable

conditions, of infinitesimal doses of medicine. In spite, however, of incredulous laughter, common-sense minds will ask, "Why, if the 10,000th part of a grain of ipecacuanha possesses such power over a healthy person, is it absurd to believe in the power of a like quantity of the same drug to cure asthma, when the drug is homœopathic to that disease?"

The dangerous effects of the bites of poisonous reptiles, as vipers, scorpions, the dreaded cobra di capello, are all illustrative of this division. The protective influence of vaccination against small-pox is alluded to elsewhere.

The last-mentioned proposition is to the effect, that living bodies, in certain states of disease, are acutely susceptible to the influence or action of minute particles of matter.

Instances of such action are of two kinds; in the one, slight causes, and such as in health produce no irritation, in states of inflammation cause great annoyance and pain; the other subdivision is that in which homœopathic drugs produce a beneficial action, though in minute quantity.

In the former may be enumerated the different species of ophthalmia (diseases of the eyelids), in which an imponderable and healthy stimulus like ordinary light is so intolerable (more marked in strumous ophthalmia), that it is impossible to separate the eyelids, with such spasmodic force are they contracted. Why is this? The reason is, that an inflamed eye is intolerably susceptible to the

minutest ray of light. In like manner the irritable sensitiveness of an inflamed stomach is such, that the contact with its lining membrane of a very minute quantity of food is sufficient to excite violent vomiting. Yet, in the normal state of the stomach, food is its most agreeable irritant, certainly more so than the nauseating drugs poured into it by the allopathist.

The nervous system when suffering from disease is so susceptible that the slightest cause, as any one walking across the room, or even something quite imaginary, is often sufficient to produce a paroxysm.

Watch a man suffering the tortures attendant on having a calculus or stone in his bladder; he is constantly moving, he sits, he lies, first on his face, then on one side, then on the other, never retaining the same position for any length of time; why? because of the great irritation produced on that portion of the lining of the bladder with which the stone is in contact.

But a healthy individual has his bladder more or less filled with urine without suffering irritation, —the difference arising from the circumstance that the sufferer from stone has the lining of his bladder in a state of inflammation; the condition of his urine, necessary to the production of stone in the bladder, has inflamed its lining so as to render it impatient of the stone's contact.

Surfaces in a state of inflammation often present

an opportunity for the reception of a disease to which, if they were in a state of health, they would be free ; the poisonous miasm of erysipelas floating in the atmosphere of a hospital chooses suitable recipients in those who have recently undergone some surgical operation, not necessarily a severe one, or those who have received wounds, etc. Again, in open ulcers, in obstinate cases of which, where the one disease has resembled the other, or been homœopathic to it, it has often cured them.

The surgeon cannot demonstrate the presence of the erysipelatous miasm, except by its poisonous effects.

PRACTICAL ADVANTAGES OF HOMŒOPATHY.

These are numerous. Several have been incidentally illustrated in the foregoing chapters.

The advantages most worthy of notice are, on the one hand, the possession of a law governing the medicinal treatment of disease, a knowledge of the effects of drugs upon healthy individuals, the administering of a single remedy at one time, the absence of nauseousness in the medicines, and the superior efficacy of homœopathy in infantile complaints. On the other hand, the patient's health is not injured as under the other system ; the patient is not exposed to the risk of being poisoned by mistake or by a large (ordinary allopathic) dose of medicine acting injuriously on an unsuspected

idiosyncrasy* of constitution; and, lastly, the period of convalescence is much shorter after homœopathic than after allopathic treatment.

The homœopathist, to govern his choice of the proper remedy, has, in the first place, the universal medical law—*similia similibus curantur*. The possession of such a law is of immense advantage to the homœopathic practitioner, and consequently to his patients.

I have already shown the want of such a guide by our allopathic friends; its want must indeed have been severely felt before the *contraria* school of medicine had brought its self-esteem and degraded its conscience down to an *empirical* use of the homœopathic law. An additional advantage is, that even if the disease be one hitherto clinically unknown, the homœopathist has still an *a priori* guide to its treatment. This was well illustrated on the first appearance of *Asiatic cholera*.

Secondly, The homœopathist knows the drug effects of his remedies upon the healthy. This knowledge saves the sick from experimental physicking, and at the same time it gives to the homœopathic practitioner the basis necessary to a beneficial application of his governing law.

Thirdly, Homœopathists give but one medicine (drug) at one time. The advantage of such a method of treatment, over that of the allopathist, can scarcely be too highly commended. The old

* Idiosyncrasy, *i.e.* a susceptibility peculiar to the individual.

school practitioners seldom employ a less number of ingredients than three or four in one prescription,—one drug thus neutralizing the effects of another, and all certainty with regard to the action of any single ingredient being at an end.

It is true that their prescriptions do not contain so many ingredients as formerly, but the mischief is in the giving more than one drug at one time, and not in the comparatively large or small number of drugs contained in the mixture. In fact, the administration by allopathists of two or more drugs together is not a matter of choice, but a necessity. This is easily explained. In cancer, for instance, the patient, perhaps, takes opiates in large doses to allay the pain, and so to procure rest; the dose required, however, to allay for the time being the pain is sufficient to paralyze the action of the bowels, and this necessitates the addition of some purgative drug. This addition is termed the *corrigen*s (corrector). Theoretically, indeed, an allopathic prescription is divided into four parts,—namely, the *basis*, or chief ingredient; the *corrigen*s, to neutralize some adverse influence of the first named; the *adjuvans*, to assist the action of the *basis*; and, lastly, the *constituens*, or the vehicle giving form to the medicinal ingredients. What a contrast to the glorious simplicity of homœopathy!

Fourthly, Homœopathic medicines are not nauseous. This is an evident advantage, especially in the treatment of children, who have a wise, intuitive

dislike to "doctors' stuff." Individuals of mature years take allopathic messes and draughts, hopeful of some benefit therefrom; any prospect of benefit is, however, in delicate organizations, completely neutralized by the disgust and nausea consequent upon the reception into the stomach of the filthy compound. Again, homœopathic patients are exempt from a few other miseries, such as bleeding,* blistering, leeching, and cupping (the latter with its scarifying lancet), the actual cautery (a red-hot iron to sear the flesh), setons and issues.

Fifthly, The practical superiority of homœopathy over allopathy, in the treatment of the diseases of infants and children. The greater susceptibility at this than at a subsequent period of the organism to the action of minute doses of medicine is very marked; it is probably dependent upon the less vitiated habits of life in infancy. The small dose enables the homœopathist to employ, in infantile disorders, medicines which, in allopathic practice, are unavailable, on account of their mischievous action when taken in allopathic doses.

* The reader may fondly believe and hope that these barbarous appliances are obsolete, or at least banished from modern civilized practice; such is not, however, the case, for they are still employed in allopathic practice, and they continue to be recommended in allopathic medical works. The medical murder of the illustrious *Cavour*, by bleeding, is a case in point. The question naturally arises, if one individual be bled to death, how many have their constitutions irremediably injured by bleeding of less amount?

Sixthly, The patient's health is not permanently injured by large doses of poisonous drugs. The injuries inflicted upon the public by the allopathic administration of medicinally active doses of medicine are incalculable. The homœopathist knows, by experience, that medicines cure when homœopathic to disease, although given in quantities incapable of producing drug symptoms in the patient; and he acts accordingly. The development of drug diseases, under allopathic treatment, is especially noticeable in the class alluded to in a previous chapter,—namely, those treated empirically by the old school, by so-called specifics. A medicine which, in allopathic hands, does much mischief is *strychnine*, and which is employed because of its "*contraria*" power in paralysis, and *not* because of its opposing influence in tetanus. Strychnine can only cure tetanus* because it is homœopathic to that disease. A case of long lasting drug disease following the employment of strychnine, by an allopathist of repute, in paralysis, was seen by me, some time since, in the person of an elderly female, who was then suffering from scarcely endurable muscular spasms of the lower limbs, caused by its administration three years anterior to my first visit.

Seventhly, The patient is not exposed to the risk of being poisoned, either by mistake, or by an ordinary allopathic dose of medicine acting upon

* Tetanus, i. e. rigid muscular spasm.

an unsuspected idiosyncrasy of constitution. This is, perhaps, not an advantage peculiar to homœopathsists, yet any way it is of great practical use to them. The dangers of poisoning, by a mistake of the druggist, and from keeping large quantities of poisonous drugs in the house, is bad enough, but the risk of mischief from an excessive susceptibility, unknown to the physician, to the influence of some one drug is still greater, as being more difficult of prevention. Care may greatly diminish the danger of the first named, but it may be altogether unavoidable against an idiosyncrasy of constitution, which may be unknown until the mischief is done, both to the patient and the physician. An instance of an ordinary allopathic dose of medicine, acting fatally, happened at St Mary's Hospital, Paddington, to a man, a painter, named George Cooper, aged forty-five. This man had given to him, for faceache, a pill containing *acetate of morphia*, and died from its effects. An inquest was held, and the jury returned a verdict of "misadventure." Professor Rogers gave evidence that "this pill unquestionably caused the poor man's death, but it is well known by many persons of experience that in persons with such diseased kidneys (about which there does not seem to be the slightest suspicion by any of his friends), morphia under these circumstances will act in a most extraordinary way, and by poison, as in this case. It is one of those unfortunate things never suspected

or known until the distressing occurrence had happened. It is a circumstance very difficult sometimes to ascertain." This poor fellow might very possibly have been alive now, if he had been treated homœopathically, instead of allopathically, —at least he would not have been the victim of his susceptibility to acetate of morphia. Another somewhat similar case was reported the other day, where a young man, named James Sullivan, died from the effects of laudanum taken to procure sleep. William Grady, M.D. and surgeon, said deceased died from opium acting on diseased lungs, the quantity not being sufficient to kill a healthy person, not even an infant.

The exhaustion consequent upon the allopathic treatment of inflammatory fevers, etc., is well known, its result being a still greater degree of debility than if the case were left to nature. With homœopathy, however, there being no need to depress the patient by bleeding, purging, etc., the stage of convalescence is reduced to a minimum, at the same time that the severity of the attack has been both lessened in severity and shortened in duration. In fact, the rapidity with which patients under homœopathic treatment regain their strength is often quite astonishing. I could easily give numerous instances of this, but I will content myself with one illustration. In November 1859 I was sent for to see a Miss G., who was suffering from an attack of pleurisy of a very severe descrip-

tion, and whose recovery at all seemed very doubtful. She was in a high state of fever; her tongue dry and much coated; she was very thirsty. She could lie on her right side only; she lay gasping for breath, which was frequently interrupted by fits of suffocation; she had an acute pain in the left side, which increased at intervals. Her bowels had not acted for upwards of three weeks, during which time her bowels had not once been moved.* Within a fortnight from my first attendance upon Miss G. she was sufficiently recovered to be removed into the country, where she rapidly regained her strength. This lady, whilst under my care, was being constantly persuaded by a friend to give up homœopathy, and to submit herself to the good, old-fashioned, active treatment (*i.e.* blisters, leeching, purging, etc.). When, however, the pleuritic affection was removed, and this lady saw the comparatively slight reduction of the patient's strength, she could but express her surprise at the success of my (what she called do-nothing) treatment.

CONCLUSION.

In the foregoing remarks the "*contraria*" school of physic is spoken of as the allopathic. Truly

* This case was first published in a little work, entitled "Cures of Constipation by Homœopathy," written by the author.

the so calling it is a compliment it is hardly entitled to, if we consider the numerous deviations of its followers from the principle, "*contraria contrariis curantur*." It may be that the members of that school do not like to be called allopathists; but as they must have an appellation to distinguish them from the homœopathic school, I have adopted the term now almost universal.* The "old school" conveys no idea of practice. The same objection applies to the words rational and orthodox (appellations often used by their own writers); the first, however, is quite inapplicable to their method of treatment, which is anything except rational, and the second is simply absurd,—for, to use an old saying, "orthodoxy is your own doxy, heterodoxy is some one else's doxy;" in short, everybody's belief is orthodox to its possessor.

In the "Common Objections to Homœopathy," only those more ordinarily used are refuted; for to answer all the nonsense put forth in allopathic pamphlets against homœopathy would but waste the time both of the reader and the writer. Almost all the writings against homœopathy are similarly characterized by misrepresentations of both the theory and practice of homœopathy, shallow ridicule, and a greater or less amount of vulgar abuse. The public can

* Antipathy has been suggested as more expressive of the old system treatment, and it doubtless is so; the word "allopathy" has, however, the advantage of priority.

have but little idea of the “Billingsgate” expressions used in medical periodicals by allopathic medical writers. The last diatribe against homœopathy by Sir Benjamin Brodie, has, from the late professional reputation of the author, and the notice consequently taken of it by the public press, attracted a more than usual share of public notice, although its intrinsic merits are far below those, by others, of earlier date.

SYMPTOMS OF DISEASE.

VARIOUS evidences of an unhealthy action of the system are to be found in the state of the respiration, digestion, bowels, urine, head, mouth and tongue, skin, and pulse; and in the character of any pains that are present. To guide the reader to the more important symptoms, the following abnormal characteristics are noticed:—

PULSE.

The beats of the pulse should be at regular intervals; they are sometimes, in disease, irregular (intermittent), the interval between every fifth and sixth beat (for example) being longer than that between the others.

The pulse beats more rapidly in women than in men, and in children than in either. It varies in

different individuals, and at different times,—the hour, the position of the body, and the exercise taken, influence its action. The pulse beats, in infancy, from one hundred to a hundred and twenty times in a minute; in children it decreases in frequency, until the age of puberty (fourteen to seventeen), down to eighty or eighty-six beats in a minute. The pulse beats seventy to seventy-eight times, in a minute, in a healthy adult man; and eighty to eighty-five times, in a minute, in a healthy adult woman. The pulse is felt by pressing lightly with the tips of the two middle fingers (the ring and middle) upon the outside of the arm, just above the wrist rather than upon it.

PAINS.

Pain is acutely, or sub-acutely, inflammatory, or purely nervous, or of a mixed description. It may be relieved, or increased, by warmth and heat or cold; by motion, or rest; or by pressure, even by the contact of the clothes. The pains may be internal, in the liver, stomach, spleen, heart, lungs, bowels, head, etc., or in the bones of the limbs, or tendons, or in the muscular tissue.

This symptom of a departure from health, however it is characterized, comes on at certain times more than at others, or it is then aggravated.

The pains may come on, or become worse, early in the morning, on waking; on getting up; at or after breakfast; before, at, and directly after dinner;

three or four hours after dinner ; after eating anything ; after eating special things ; after drinking cold or warm beverages ; in the evening ; on lying down ; or before, at, and after midnight.

They may come on (return) at certain periodical intervals, and so have an intermittent character. They may be excited, or be made worse, by smoking ; by cold air, warmth, draughts, or by the open air ; by dampness, or by exposure to wet ; by any exposure of the skin ; by changes of wind, or by the wind in a certain quarter (north, east, north-east, etc.) ; by stormy weather ; and by almost innumerable other influences.

The *pains*, on the other hand, may be removed or ameliorated by the opposite conditions ; namely, by those capable of exciting, renewing, or aggravating them,—by lying down ; by any motion, walking, riding, etc. ; by going into the open air, or into a warm room, or by sunshine ; by pressure on the affected part.

SKIN.

In health, under favourable conditions, the state of the skin is neither hot, cold, damp, dry, puffy, nor flabby. In disease it may be,—burning hot, and dry, accompanied by internal heat or cold, or *vice versa* ; this may alternate with more or less perspiration. The sweat may be warm, or cold and clammy. The appearance and feel of the skin is of great importance in all fevers and rashes.

The symptoms of the skin (sweats, burning heats, etc.) may recur periodically, and at fixed periods; this happens in the numerous forms of intermittent fever (ague).

In cutaneous affections, the most troublesome symptoms, burning, itching, etc., are particularly affected by changes of temperature, and are, especially, excited or aggravated by warmth.

MOUTH AND TONGUE.

There may be an excessive flow of saliva, or a deficiency; or an extreme dryness of the mouth: or a bad, or foul taste, which may depend upon the state of the stomach, bowels, teeth, etc. *The tongue* may be coated or furred, white, black, brown or yellow, shining and glistening, and dry or moist. The tongue, the gums, and the mucous membrane lining the cheeks, may be covered, more or less, with aphthæ (see "*Thrush*"), or bleeding sores (see "*Scurvy, Canker of the Mouth*"). Thirst, or absence of. State of the appetite; excessive; absence of, or partial loss of. Loss of, or depraved, taste.

The appearances of these parts are fully described in the articles on "*Indigestion Dyspepsia*," "*Offensive Breath*," and "*Constipation*."

URINE.

The urine should be of a pale yellow colour, of a darker tint in the morning than subsequently,

and clear. In disease it may be,—thick, depositing a sediment at once, or on standing; or clouded; or colourless, or of a dark yellow colour (jaundice), or of a light or dark reddish colour, or brown, or it may be bloody. It may be passed in too great quantity, or sparingly; or too easily, with difficulty of retention, or with straining. The stream of urine should be large and round; it may be small, flat, twisted, or forked. It should be passed about three or four times daily, and without any pain; it may be passed much too often, or even there may be an almost constant desire to pass it; there may be burning, scalding, or pricking pain, when voiding the urine. There may be a difficulty in passing the last drops of urine. The *specific gravity* of healthy urine is about 1·026.

DIET.

THERE are certain complaints removable by an altered diet; on the other hand, the greater number remain uninfluenced, or at least uncured. The late Dr Curie writes:—"We* join in the belief that, in a few recent and slight complaints, the adoption of a proper diet may go far to restore the patient; but more than this will not be alleged by

* On Diet, by Dr Curie, published in the British Journal of Homœopathy.

the most sanguine. It offers, therefore, no explanation of the success of the homœopathic practice, for by that practice we have cured cases of epilepsy, acute and chronic pneumonia, pleuritis, phthisis, cancerous and scirrhus metritis, cancer and scirrhus of the breast, amaurosis, scrofulous disorganization, deafness (also with dumbness), dropsy, cataract, croup, gastro-enteritis with disorganization, etc. If these effects are attributed to diet alone, the correctness of the allegation may very easily be tested. Let the public and the profession try the effect of the diet which at the conclusion of these papers we propose to set forth, and if it can be proved that, under its sole influence, serious disorganization can be cured, we shall very willingly acknowledge its influence and confess our error.

“To a clear understanding of the object aimed at in the dietetic rules which we enforce, some general preliminary remarks will be necessary.”—
“The series of organs constituting the digestive apparatus are, the mouth, the pharynx, the œsophagus, the stomach, the intestines, and the several annexed glands. These organs are stimulated in various ways by the respective aliments presented to them. The object of digestion is the formation of chyle, the result of the reciprocal action of the digestive organs, and the aliment conveyed to them. The food is placed in the mouth, is masticated by the teeth, moistened with saliva, and modified in its temperature, taste, and

smell. Gliding into the pharynx, which forces it into the œsophagus, it passes to the stomach, where it is acted upon by the gastric juice and mucus, and reduced into *chyme*. It is mixed with the bile and the pancreatic secretion in the duodenum, where originates the separation of the chyle, and its absorption by a new order of vessels, the chyliiferous, by means of which it is carried into the vascular system and mingled with the venous blood." It is evident that this chyle, being the base of growth and repair of the human body, is a very important product, and worthy of the utmost attention. It is further evident, that there is an intimate relation between the constituents (ingredients) of the chyle, and of those of the aliment from which the chyle is produced. The organic constituents of chyle are, albumen, fibrin, and some fatty matter: the inorganic (not animal, *i.e.* salts) consist of chloride of sodium (common salt), soda, and phosphate of lime. The proportion of each substance, to the others, depends upon its percentage in the aliment furnishing it.

The fibrin furnishes the chief part of our muscular tissue, and it is furnished by the meat of the various animals and birds eaten by man. The local effect of the reception of fibrinous aliment into the system is (to quote the before-mentioned work) "to excite an increased action of the digestive organs, to raise the temperature of the stomach, to accelerate the circulation of blood in the mucous

membrane, and to cause a more abundant secretion of juices. Its general effect is an acceleration of the circulation, and an increase of vital heat. The consequence of its digestion is a development of strength, chiefly muscular. It is, in fact, the most stimulating and nutritious of all aliment. Taken too freely, or continually, it "may occasion *apoplexy, gout, rheumatism, hæmorrhages (bleedings), and irritative congestions of all kinds*; because, in such cases, being disproportioned to the losses sustained, *it no longer acts as a reparative nutriment, but as a morbid excitant.*" On the other hand, a deficiency of fibrin, as in *totally abstaining vegetarians*, lowers the energy and power of the individual.* Gelatine is the least nutritious of the organic elements of food. It is chiefly found in the bones, skin, sinews, etc. It is present in excess (compared with adults) in the young. Lastly, the fibrinous aliment leaves scarcely any residuum in the digestive tube, whilst the gelatinous, even when well digested, produces much fœcal matter. *Albumen* is highly nutritious. It is chiefly found in the blood and in the white of eggs: the latter is pure albumen.

Fibrin, gelatine, and albumen are combined in nearly equal portions in fish. "The flesh of fish develops but little heat in the process of digestion ;"

* It is a proved fact that the chief reason of the superiority of the English over foreign navvies (railway labourers) consists in the larger amount of animal food they consume.

it nourishes without exciting, and stimulates no function. An exception must be made as regards those which possess in abundance an oleaginous property.

We come now to consider the aliments yielded to the digestive functions by the vegetable kingdom.

These are, *starch*, *mucilage*, *sugar*, and *vegetable oils*.

Starch is furnished by the seeds of leguminosæ, potatoes, and chesnuts; also by wheat, rye, rice, barley, oats, tapioca, Indian corn, sago, arrowroot, kidney-beans, peas, common beans, and lentils. In the amylaceous substances used as aliments, the starchy principle is never pure, being always associated with others,—such as gluten, sugar, albumen, resins, salts, mucilage, etc. This aliment is, in general, more rapidly digested than either the fibrinous, gelatinous, or albuminous. When entirely free from gluten, it gives rise to much flatulency, either in the stomach or intestines. It is the most strengthening of all vegetable substances, and increases the nutritious fluids of the organism (human body). Incapable of stimulating the vital power to the same extent as the fibrinous principle, or of producing much increase of animal heat, or any perceptible quickening of the circulation, it is not so well suited to enable man to undergo excessive fatigue, or to resist the injurious influence of a low temperature.

Mucilage is never found alone, but combined with either some saccharine, bitter, or acid matter. It is furnished by carrots, beetroot, turnips, parsnips, asparagus, lettuce, endive, spinach, artichokes, French beans, green peas, cabbage, cauliflower, broccoli, and radishes; also in that vegetable fruit, the melon. "It excites only in a very slight degree the mucous membrane of the stomach, and its passage through the digestive tube is rapid." The larger part of this class furnishes, relatively, a large proportion of waste matter, which passes rapidly, as before mentioned, through the intestines. "If it be united, however, to the fibrinous element, cooked, for instance, in strong gravy, it becomes a nutritious and unexciting article of food, well suited to regulate any increased activity of the vital functions."

"*Fruits* are in general composed of mucilage, vegetable albumen, sugar, and some vegetable acids. They rapidly pass through the digestive tube. Dried and ripe fruits are more nutritious than the fresh and unripe. Figs, raisins, dates, and French plums are the most nutritious,—whilst oranges, fresh grapes, pine-apples, peaches, apricots, currants, gooseberries, raspberries, cherries, and strawberries are some of the least nutritious."

Vegetable Oil is present, in combination with starch, in the following seeds, ordinarily eaten as such (I except the vegetable pressed oils),—brazil-nuts, almonds, walnuts, hazel-nuts, beech-nuts,

cocoa-nuts, and cocoa. This class of aliment is with difficulty digested.* Cocoa prepared as an infusion, from the nut (*i.e.* the nibs), is indigestible, and unsuited to the invalid, or to any one suffering from weak digestion. Fortunately it is, to the majority of palates, rather unpalatable than pleasant. These objections to the use of cocoa are, however, almost entirely obviated in the preparations (when pure) of cocoa and fecula. This is owing to the intimate blending of the oil and the fecula, rendering the former more amenable to the action of heat, consequently more digestible; and, lastly, much more palatable. The prepared cocoas sold by homœopathic chemists, are, as a rule, preferable to any others for patients. This is so for the reason that they are not flavoured with *vanille*, etc., the employment of which affects prejudicially the patient, and, at the same time, hides any defect in the manufactured article.

Milk (caseous aliment).—Dr Curie says,—“When milk enters the stomach, its two principal parts are separated; the serum is absorbed by the stomach or intestines, and the curdled part, formed of casein (cheesy matter), is reduced into chyme. The latter follows its usual course, traversing the digestive tube (where it remains but a short time) without accelerating the circulation. The caseous

* A case occurred some time since, in my own practice, where the eating of a dozen or more brazil-nuts occasioned a severe attack of *gastro-enteritis*.

aliment is sometimes rapidly expelled, especially by persons accustomed to its use, and who require more substantial food. Under other circumstances, it sometimes paralyzes the intestines, and produces constipation." As a rule, invalids require professional advice as to the suitability, or otherwise, of milk, as an article of diet.

Beverages.—The best, the most simple, and almost the only natural drink, is pure *water*.

Water, used as a drink *per se*, should contain air. "It should be fresh, limpid, inodorous, without unpleasant taste, whether insipid, pungent, brackish, or sweet." Large quantities of water, taken at a draught, reduce the frequency of the pulse, but small quantities at short intervals produce no effect. "When taken abundantly upon a full stomach, it impedes the process of digestion, by lowering too much the vital powers of that viscus, or else, by inducing vomiting, causes the discharge of its contents. Taken fasting, it mixes with the mucous and acid secretions of the stomach, and assuming, with the saliva it contains, the temperature of that organ, it becomes turbid, and remains in it for a time, which varies," etc.—"When, by its immoderate use, the system becomes charged with an inordinate quantity of fluid, it is rapidly carried to the kidneys and to the skin, to be expelled in the form of urine and perspiration. Cold water excites chiefly the urinary secretion; hot water, the cutaneous exhalation."

Stimulating Beverages, as wines, spirits, malt liquors, etc., should not be taken, in disease, except by professional advice. The ill effects of long-continued over-indulgence in stimulants, are, it is needless to state, very serious; this subject is, however, foreign to the purpose of the present work.

Coffee, taken as a regular beverage, is a highly injurious one. Coffee may, however, be taken "in moderate quantities, and at considerable intervals, without injury,* especially if he be exposed to a cold and damp atmosphere, and able to take much exercise."—"The habitual use," says Dr Loude, "of it, after a while, enervates the frame, and increases the susceptibility of being affected by all the causes of disease. These symptoms are frequently accompanied by a feeling of distention at the epigastric (pit of the stomach) and abdominal regions, a sense of suffocation, dyspepsia, sadness, and all the characteristics of gastralgia." Such a group of symptoms presented after a too full meal would be relieved by a cup of coffee, taken for its homœopathic relationship to them. *Tea*, if less heating than coffee, is nearly as mischievous as a beverage. Continual indulgence in this drink is a very frequent cause, in females, of long-continued, even life-long, dyspeptic and other serious maladies. If tea be taken, the green should be eschewed, for

* By a strong and healthy individual, not by the nervous and debilitated.

the reason that it contains a larger proportion of tannin than the black.

It being necessary for patients using homœopathic remedies to pay attention to their diet, not in any hope of cure thereby, but by such means to allow the full curative action of the medicine selected, the following list has been arranged to show what to take and what to avoid.

WHAT MAY BE TAKEN.

Animal Food.

Mutton.
Beef.*
Lamb.*
Poultry.
Venison and Game, when fresh.
Soups and Broths (unseasoned except with salt).
Cod and Flat Fish, and all Fish not oily.
Eggs.
Oysters.

Vegetable Food.

Bread (not new).
Potatoes.
Carrots.
Turnips.
Peas.*

Brocoli.
Cauliflower.
French Beans.
Broad Beans.
Asparagus.
Apples, baked.
Fruit, stewed.*
Fruit (ripe and stoneless).*
Rice.
Sago.
Tapioca.
Arrowroot.

Beverages.

Water.
Milk.
Cocoa.
Chocolate (Vanilla and other flavoured Chocolates are to be avoided).

WHAT SHOULD NOT BE TAKEN.

Animal Food.

Veal.
Pork, i. e. all pig's flesh.
Ducks.
Geese.
Venison & Game (when not fresh)

Rich-seasoned Soups, as Turtle Soup.
Sausages.
Salt Meat.
Shell Fish.
Cheese.

* The articles of diet marked with an asterisk are only to be taken subject to medical advice.

Vegetable Food.

Fruit (unripe or unsound).
 Cucumbers.
 Radishes.
 Onions.
 Celery.
 Garlic.
 Watercresses.
 Pickles and undressed vegetables.
 Spices.
 Peppers.
 Mustard.

Vinegar.

Rich Pastry.

Beverages.

Tea.*
 Coffee.
 Wine.*
 Malt Liquors.*
 Spirits.
 Soda water.
 Lemonade.*
 Ginger Beer.
 Mineral Waters.
 Acid Drinks.*

Tobacco, Snuffs, Scents, etc.

THE DIGESTION OF FOOD.

THE fact of the easy digestibility of the various articles of diet taken into the stomach, bearing an intimate relation to the production, and expulsion, of the stool, invests any specific knowledge of the subject with additional interest.

This specific knowledge was obtained by Dr Beaumont, in the very remarkable and interesting case of Alexis St Martin, whose stomach possessed an external opening. This direct opening was produced, in the first instance, by a gunshot wound, and through it Dr B. was enabled to observe the results of the experiments, in relation to the digestion of food, conducted by him. The results of his experiments are subjoined.

Beef, fresh, fat and lean, roasted, the result of

* The articles of diet marked with an asterisk are only to be taken subject to medical advice.

three experiments, occupied from 2 h. 45 m. to 3 h. 30 m.

The same meat, boiled, noticed on ten occasions, and at breakfast, dinner, and supper, varied from 3 h. 30 m. to 4 h.

Broiled beef, for breakfast, three experiments, took 3 h., 3 h. 30 m., and 3 h. 45 m., the shortest period was when the meal was succeeded by moderate exercise; the longest, by a state of rest.

Beef, salted, boiled, observed twice, occupied respectively 3 h. 32 m. and 5 h. 30 m.

Pork, recently salted, boiled, ten experiments, varied from 4 h. 30 m. to 6 h. Pork, roasted, a very full meal, observed twice, took 6 h. 30 m. Pork, broiled, 3 h. 15 m. and 4 h. 30 m.

Mutton, fat and lean, roasted, was 3 h. 15 m. Mutton, broiled, five experiments, varied from 3 h. to 4 h. 30 m.; the digestive process occupied the longer period twice; on one occasion the stomach presented an unhealthy appearance, on the other, a large, coarsely masticated, meal was taken.

Hard boiled eggs, three experiments, 3 h. 30 m. and 5 h. 30 m. Soft boiled eggs, twice, 3 h.

Sausages, broiled or fried, repeated six times, varied from 3 h. to 5 h.

Boiled fowls, repeated three times, took 4 h.

Veal, fresh, broiled, seven experiments, varied from 3 h. 45 m. to 5 h. 30 m.

Oysters, raw or cooked, five experiments, from

2 h. 45 m. to 3 h. 30 m.; the shortest time was occupied by a raw oyster.

Hash, young pig, wild goose and turkey, took, respectively, 2 h. 30 m.

Coffee, with bread and butter, 3 h. 45 m. to 4 h. 15 m. Coffee, with dry bread, 4 h.

Mashed potatoes, with dry bread, 3 h. 45 m.

HYGIENE.

THE nature of the dress, the amount of exercise, and the quality of the atmosphere, have, individually, considerable influence in warding off, or in favouring, the reception of disease.

Dress.—Clothing is worn to protect the warm body against the variations of the external atmosphere. The best criterion of the suitability of any material, for dress, is its non-conducting (heat) power, and its capability of allowing of the proper ventilation of the skin. The worse the conducting power of the material, the *safer* is it as an article of dress. For this reason, woollen materials (especially flannel) are better than most others. This is particularly important to individuals subject to rheumatism and attacks of gout. Care should be taken to avoid the too early changing of winter for summer clothing. The later in the season, however, that the opposite change is made, namely,

from summer to winter clothing (in moderation) the better. The better and safer plan is to make any change of dress, gradually, not suddenly and all at once.

The present loose style of dress (of males) is far more adapted to a healthy and vigorous action of the human frame than that of twenty or thirty years since, the days of the hideous Beau Brummell cravats, of tight boots, straps, male stays, etc. Female dress is so subject to the caprice of fashion as to be almost beyond the reach of advice, however wisely given. The practice of exposing the chest and arms to a different temperature from the rest of the body, especially at night, when perhaps heated by dancing, or on leaving a crowded ball-room, etc., and the wearing of thin-soled shoes and boots, are fertile causes of consumption in the fair sex, and also of many diseases to which they are peculiarly liable. It must also be a matter of regret to all reflective minds that a practice like that of tight-lacing should be obstinately persevered in, even in this advanced period of civilisation, the latter half of the nineteenth century. I am confident that tight-lacing is now practised to a greater and more injurious extent than it has been for many years, if ever. Unfortunately the pseudo-scientific jargon of the stay and corset makers, with their "scientific and anatomical principles," renders the undeceiving of their only too *willing* victims even more difficult than it was when the popular smattering

of physiology and anatomy, now common, was unknown.

Sleep and Exercise.—The subject of sleep need not detain us long, for though it is essential to the rest and repair of our systems, it is more important when considered in an abstract than in a practical point of view. Answers to the questions,—Where should I sleep? When should I sleep? and How should I sleep? comprise all the rules necessary to the due accomplishment of this function or process. In the *first* place, a bedroom should be large and lofty; it should have a fireplace (with the register always left open), and it should be above the ground floor.* In answer to the *second* question, there is no rule applicable to all cases, the age, constitution, occupation, and health of each individual, having modifying influences. The old saw is still the most applicable, if rather vague, “early to bed, and early to rise, makes a man happy, healthy, and wise,” and is as applicable to women as to men. It may be noticed, however, that children require more sleep than adult females, and the latter more than adult males. The lymphatic habit of body requires more rest than the sanguine, bilious temperament. *Lastly*, the bedroom should be well aired, and the bed should not be *made*, immediately, on rising, but be allowed to *air* for two or three hours. A

* The practice of sleeping underground (*i.e.* in kitchens), or of making servants sleep in them, cannot be too severely reprobated.

horse-hair mattress is the best for health, and a soft bed is the worst. Good, thick blankets are a better covering than heavy quilts. Never sleep on the back, but on one or the other side ; and, lastly, do not sleep with the head very high, or on a very soft pillow.

Exercise of the muscular system is absolutely necessary to the due performance of all the animal functions. A proper treatise on this subject would take up much more space than can be afforded in the present work.

The best exercise is that of walking, when, perhaps, a greater number of muscles are put in action than during any other. The next best is horse exercise ; this is particularly beneficial for the debilitated, and for those suffering from chronic liver affections, enabling them to obtain the motion of active exercise without its fatigue. The least beneficial is carriage exercise. The motion of a smooth rolling carriage is not deserving of being called exercise, and is only useful in the case of an invalid recovering from a severe illness.

The Bath.—As a broad rule it may be laid down that warm bathing, including the Turkish bath (*i.e.* hot-air or sweating baths), is prejudicial. It should not be practised, except as a remedial application, or under professional advice. I do not in this object to the use of a warm bath, occasionally of course, for the purpose of cleanliness ; if, how-

ever, a cold sponge, or plunge bath be taken daily, the warm bath is not needed.

The best cold-water bath, because the most convenient, is the sitz, or hip and sponge bath; it is as available in a small as in a large establishment. A shower bath gives a greater shock to the system than the last mentioned, and is, for that reason, in many cases, of service. To be of any service, however, a shower bath requires three times the quantity of water necessary for a sitz bath.

TABLES.

HOMŒOPATHIC MEDICINES, SIGNS, SCIENTIFIC AND ENGLISH NAMES.

Latin.	English and Scientific.	Sign, i.e. Abbreviation.
<i>Acidum Nitricum</i>	Nitric Acid.....	<i>Ac. Nitr.</i>
<i>Aconitum Napellus</i>	Monkshood.....	<i>Acon.</i>
<i>Antimonium Crudum</i>	Sesquisulphuret of Antimony, } or Crude Antimony.	<i>Ant. cr.</i>
<i>Antimonium Tartaricum</i> {	Tartrate of Antimony and } Potash, or Tartar Emetic }	<i>Ant. T.</i>
<i>Arnica Montana</i>	Leopard's Bane.....	<i>Arn.</i>
<i>Arsenicum Album</i>	Arsenious Acid, or White } Arsenic.....	<i>Ars.</i>
<i>Belladonna</i>	Atropa Belladonna, or Deadly } Nightshade.....	<i>Bell.</i>
<i>Bryonia Alba</i>	White Bryony.....	<i>Bry.</i>
<i>Calcarea Carbonica</i>	Carbonate of Lime.....	<i>Calc. c.</i>
<i>Camphora</i>	Laurus Camphora, Camphor....	<i>Camph.</i>
<i>Cantharis</i>	Meloë Vesicatorius, Spanish } or Blistering Fly.....	<i>Canth.</i>
<i>Carbo Vegetabilis</i>	Vegetable Charcoal	<i>Carb. v.</i>
<i>Chamomilla</i>	Matricaria Chamomilla, or } Common Chamomile.....	<i>Cham.</i>
<i>China Officinalis</i>	Cinchona, or Peruvian Bark	<i>Chin.</i>
<i>Cicuta Virosa</i>	Water Hemlock.....	<i>Cic.</i>

Latin.	English and Scientific.	Sign, i.e. Abbreviation.
<i>Cina</i>	{ <i>Artemisia Judaica</i> , Mugwort of Judæa, Wormseed..... }	<i>Cin.</i>
<i>Cocculus</i>	{ <i>Menispermum Cocculus</i> , In- dian Cockle	<i>Cocc.</i>
<i>Coffæa Cruda</i>	<i>Coffæa Arabica</i> , Coffee.....	<i>Coff.</i>
<i>Colocynthis</i>	{ <i>Cucumis Colocynthis</i> , Bitter Cucumber	<i>Coloc.</i>
<i>Cuprum</i>	<i>Metallic Copper</i>	<i>Cupr.</i>
<i>Drosera</i>	<i>Drosera Rotundifolia</i> , Sundew..	<i>Dros.</i>
<i>Dulcamara</i>	{ <i>Solanum Dulcamara</i> , Bitter Sweet..... }	<i>Dulc.</i>
<i>Euphrasia</i>	<i>Euphrasia Officinalis</i> , Eye- bright	<i>Euphr.</i>
<i>Helleborus</i>	{ <i>Helleborus Niger</i> , Christmas Rose	<i>Hell.</i>
<i>Hepar Sulphuris</i>	<i>Sulphuret of Lime</i>	<i>Hep. S.</i>
<i>Hyosciamus</i>	{ <i>Hyosciamus Niger</i> , Black Henbane..... }	<i>Hyosc.</i>
<i>Ignatia</i>	{ <i>Ignatia Amara</i> , St Ignatius' Bean..... }	<i>Ign.</i>
<i>Ipecacuanha</i>	<i>Ipecacuanha Cephaëlis Emetica</i>	<i>Ipec.</i>
<i>Lach. sis</i>	<i>Trigonocephalus Lachesis</i>	<i>Lach.</i>
<i>Lycopodium</i>	<i>Lycopod. Clavatum</i> , Wolfsfoot.	<i>Lyc.</i>
<i>Mercurius Virus</i>	<i>Hydrargyrum</i> , Quicksilver.....	<i>Merc. v.</i>
<i>Mercurius Solubilis</i> <i>Hahnemanni</i>	{ <i>Hydrargyrum Oxid. Nigrum</i> , Black Oxide of Mercury... }	<i>Merc. Sol.</i>
<i>Nux Vomica</i>	<i>Strichnos Nux Vomica</i>	{ <i>Nux v. or</i> <i>N. Vom.</i>
<i>Opium</i>	<i>Laudanum</i> , White Poppy.....	<i>Op.</i>
<i>Phosphorus</i>	<i>Phosphorus</i>	<i>Phosph.</i>
<i>Pulsatilla</i>	{ <i>Anemone Pulsatilla</i> , <i>Pulsa</i> - <i>tilla Nigricans</i> }	<i>Puls.</i>
<i>Rheum</i>	<i>Rhubarb</i>	<i>Rheum.</i>
<i>Rhus Toxicodendron</i>	<i>Ibid</i> , Poison Oak.....	<i>Rhus T.</i>
<i>Sambucus</i>	{ <i>Sambucus Nigra</i> , Common Elder	<i>Samb.</i>
<i>Secale Cornutum</i>	<i>Clavus Secalis</i> , Ergot of Rye...	<i>Sec. c.</i>
<i>Sepia</i>	{ <i>Sepiæ Succus</i> , Ink of the Cuttlefish..... }	<i>Sep.</i>
<i>Silicea</i>	<i>Silica</i>	<i>Sil.</i>
<i>Spongia</i>	<i>Spongia tosta</i> , Burnt Sponge...	<i>Spong.</i>
<i>Stramonium</i>	<i>Datura Stram.</i> , Thorn Apple...	<i>Stram.</i>
<i>Sulphur</i>	{ <i>Brimstone</i> , Flowers of Sul- phur..... }	<i>Sulph.</i>
<i>Veratrum Album</i>	<i>White Hellebore</i>	<i>Veratr.</i>
<i>Viola Tricolor</i>	<i>Jacea</i> , Heart's Ease.....	<i>Viol. Tr.</i>

ANTIDOTES.

These are rarely, if ever, required in domestic homœopathic practice. Antidotes are, however, not unfrequently called for in professional practice, where the patient has been under the old system, large-dose treatment.

This table contains the chief antidotes, both of large and small doses, of the various homœopathic and allopathic preparations.

Aconite is antidoted by *Acetum*, *Vinum*, *Camph.*, and *Nux. Vomica*.

Antimonium Crudum, by *Hep. Sulph.*, *Merc.*, and *Puls.*

Antimonium Tartaricum, by (large doses) *Chin.* and *Ipec.* small doses, by *Chin.*, *Cocc.*, *Ipec.*, *Op.*, and *Puls.*

Arnica Montana, by vinegar, in large quantity; also by *Camphor*, *Ipec.*, *Ign.*, and *Veratr.*

Arsenicum Album, by (large doses) the sesquioxide of iron carbonates of potash and magnesia, shaken with oil. Encourage vomiting. *Small doses*, by *Camph.*, *Chin.*, *Ferr. Hep. S.*, *Ipec.*, *Nux V.*, *Veratr.*

Belladonna, by strong black coffee; also by *Camph.*, *Coff. Hep. S.*, *Op.*, *Puls.*, and *Vinum*.

Bryonia, by (large doses) an infusion of the tincture of galls small doses, by *Acon.*, *Cham.*, *Ign.*, and *Nux V.*

Calcarea Carbonica, by *Camph.*, *Nitr. Ac.*, *Nitr. Spr.*, and *Sulph.*

Camphor, by *Op.*, *Spir. Nitr. Dulcis*, *Vinegar*, and wine.

Cannabis Sativa (*Hemp*), by (large doses) lemon juice, and very sour lemonade; *small doses*, by *Camph.*

Cantharis (*Spanish Fly*), by *Camph.*, *Vinegar*, and *Spirits Wine*.

Carbo Vegetabilis, by *Ars.*, *Camph.*, *Coff.*, *Lach.*, and *Nitr. Spir.*

- Chamomilla*, by *Acon.*, *Cocc.*, *Ign.*, *Nux V.*, and *Puls.*
China, by *Arn.*, *Ars.*, *Bell.*, *Calc.*, *Carb. V.*, *Ipec.*
Cicuta Virosa, by *Arn.*, *Tabac.*
Cina, by *Bry.*, *Chin.*, *Hyosc.*, and *Ipec.*
Cocculus, by *Camph.* and *Nux V.*
Coffea, by *Cham.*, *Ign.*, *Merc.*, *Nux V.*, *Sulph.*
Colchicum, by (large doses, *e.g.* an old-system dose for gout) vinegar and honey, or half a dozen drops of strong caustic ammonia in water, with sugar; small doses, by *Cocc.*, *Nux Vom.*, and *Puls.*
Colocynthis, by *Camph.*, *Cham.*, and *Coff.*
Conium Maculatum (common hemlock), by *Coff.* and *Spir. Nitr.*
Cuprum Metallicum, by (large doses) white of egg, milk, or dissolved sugar; small doses, by *Bell.*, *Calc. c.*, *Chin.*, *Dulc.*, *Hep. S.*, *Ipec.*, *Nux V.*, *Rhus T.*, *Sulph.*, etc.
Drosera Rotundifolia, by *Camph.*
Dulcamara, by *Camph.*, *Ipec.*, and *Merc.*
Euphrasia, by *Camph.* and *Puls.*
Hepar Sulphuris, by *Bell.*, *Cham.*, and vinegar.
Hyosciamus Niger, by vinegar, *Bell.*, *Camph.*, and *Chin.*
Ignatia, by *Puls.*, *Cham.*, *Nux V.*, and vinegar.
Ipecacuanha, by (large doses) tincture of galls; small doses, by *Arn.*, *Ars.*, *Chin.*, and *Nux V.*
Lachesis, by (serpent bite) *Ars.*, *Bell.*, and *Stram.*; small (medicinal) doses, by *Ars.*, *Bell.*, *Cham.*, *Chim.*, *Cocc.*, *Hep. S.*, *Merc.*, *Nux V.*, *Rhus T.*, *Samb.*, *Stram.*, *Veratr.*, etc.
Laurocerasus (cherry laurel), by (large doses) caustic ammonia, strong decoction of coffee, and by emetics.
Lycopodium, by *Coff.*, *Camph.*, and *Puls.*
Mercurius, by (large doses) the white of egg; give an emetic; small doses, by *Ars.*, *Aurum.*, *Bell.*, *Camph.*, *Carb. V.*, *Chin.*, *Cupr.*, *Dulc.*, *Hep. Sulph.*, *Lach.*, *Lyc.*, *Nux V.*, *Op.*, *Phosph.*, *Sil.*, *Sulph.*, etc.
Mercurius Sublimatus Corrosivus (corrosive sublimate), by (large doses) white of egg.

Nitric Acid, by (large doses) soap; small doses, by *Calc. c.*,
Camph., *Con.*, *Hep.*, *Merc.*, *Phosph.*, and *Sulph.*

Nux Vomica, by (large doses) Wine, Coffee, and *Camph.*; small
doses, by *Bell.*, *Camph.*, *Cham.*, *Coff.*, *Op.*, *Stram.*, *Sulph.*,
etc.

Opium, by (large doses) strong black coffee, and continual
exercise; if in time, the stomach-pump should be em-
ployed, or an emetic* administered; small doses, by *Bell.*,
Camph., *Coff.*, *Ipec.*, *Merc.*, *Nux V.*, and *Vin.*

Phosphorus, by (large doses) magnesia and milk; give also
mucilaginous drinks, having in the first instance given an
emetic;* small doses, by *Camph.*, *Coff.*, *Nux V.*, and *Vin.*

Plumbum, (see article "Painter's Colic.")

Pulsatilla, by (large doses) vinegar; small doses, by *Cham.*,
Coff., *Ign.*, and *Nux V.*

Rhus Toxicodendron, by *Bry.*, *Camph.*, *Coff.*, *Lob.*, *Infl.*,
Merc., *Præ. Rubr.*; also warm fomentations to the in-
flamed parts.

Sambucus, by *Ars.* and *Camph.*

Sepia, by *Acon.*, *Tart.*, and *Vinegar.*

Silicea, by *Camph.* and *Hep. S.*

Spongia, by *Camph.*

Stramonium, by (large doses), immediately, the stomach
pump; vegetable acids, vinegar, tobacco, and *Nux V.*

Sulphur, by *Acon.*, *Camph.*, *Cham.*, *Chin.*, *Merc.*, *Nux V.*,
Puls., and *Sepia.*

Tabacum (tobacco), by Coffee, *Camph.*, *Nux V.*, and *Vinum*

Terebinthina (turpentine), by *Camph.* and *Canth.*

Veratrum Album, by (large doses) a strong decoction of
coffee, by mouth, and as an enema in the fundament
small doses, by *Acon.*, *Camph.*, and *Coff.*

Viola Tricolor, by *Camph.*

* Twenty grains of Sulphate of Zinc, or thirty of Ipecacuanha.

REMEDIES CLOSELY ALLIED IN MEDICINAL ACTION.

- Aconitum Napellus* has many analogous symptoms in *Ant. Crud.*, *Arn.*, *Ars.*, *Bell.*, *Bry.*, *Canth.*, *Cham.*, *Coff.*, *Dros.*, *Dulc.*, *Hep. Sulph.*, *Hyos.*, *Ipec.*, *Merc.*, *Nitr. Ac.*, *Nux Vom.*, *Op.*, *Phos.*, *Puls.*, *Sep.*, *Spig.*, *Spong.*, *Stram.*, *Sulph.*, *Veratr.*, etc.
- Antimonium Crudum*, in *Acon.*, *Ars.*, *Cham.*, *Coff.*, *Hep. Sulph.*, *Hyos.*, *Ipec.*, *Merc.*, *Nux V.*, *Puls.*, *Sep.*, *Sulph.*, *Tart. Emet.* (*Ant. Tart.*), etc.
- Antimonium Tartaricum*, in *Acon.*, *Ant. Cr.*, *Cham.*, *Cocc.*, *Ign.*, *Ipec.*, *Ac.*, *Nitr. Acon.*, *Nux V.*, *Puls.*, *Sep.*, *Veratr.*, etc.
- Arnica Montana*, in *Acon.*, *Ars.*, *Bell.*, *Bry.*, *Cham.*, *Chin.*, *Cic.*, *Cina.*, *Coloc.*, *Hep. Sulph.*, *Ign.*, *Ipec.*, *Merc.*, *Nux Vom.*, *Puls.*, *Rhus.*, *Veratr.*, etc.
- Arsenicum Album*, in *Acon.*, *Arn.*, *Bell.*, *Carbo V.*, *Cham.*, *Chin.*, *Hep. Sulph.*, *Ipec.*, *Lach.*, *Nux Vom.*, *Phos.*, *Puls.*, *Rhus T.*, *Samb.*, *Sulph.*, *Veratr.*, etc.
- Belladonna*, in *Acon.*, *Arn.*, *Canth.*, *Cham.*, *Chin.*, *Coff.*, *Con.*, *Cupr.*, *Dulc.*, *Hep.*, *Sulph.*, *Hyos.*, *Lach.*, *Merc.*, *Nitr. Ac.*, *Phos.*, *Puls.*, *Rhus*, *Sep.*, *Sil.*, *Stram.*, etc.
- Bryonia*, in *Acon.*, *Arn.*, *Cham.*, *Chin.*, *Ign.*, *Lach.*, *Merc.*, *Nux Vom.*, *Op.*, *Phos.*, *Puls.*, *Rhus T.*, etc.
- Calcarea Carbonica*, in *Arn.*, *Chin.*, *Cupr.*, *Lyc.*, *Nitr. Ac.*, *Nux Vom.*, *Phos.*, *Sil.*, *Sulph.*, *Veratr.*, etc.
- Camphor*, in *Canth.*, *Cham.*, *Cocc.*, *Hyos.*, *Op.*, *Puls.*, *Rhus*, *Stram.*, *Veratr.*, etc.
- Cantharis*, in *Acon.*, *Bell.*, *Chin.*, *Coff.*, *Coloc.*, *Lyc.*, *Puls.*, *Rhus T.*, etc.
- Carbo Vegetabilis*, in *Ars.*, *Chin.*, *Coff.*, *Lach.*, *Merc.*, *Nux V.*, *Sep.*, etc.

- Chamomilla*, in *Acon.*, *Arn.*, *Ars.*, *Bell.*, *Bry.*, *Cin.*, *Cocc.*, *Coff.*, *Coloc.*, *Hep. Sulph.*, *Hyos.*, *Ign.*, *Lyc.*, *Merc.*, *Nux Vom.*, *Puls.*, *Sulph.*, etc.
- China*, in *Arn.*, *Ars.*, *Bell.*, *Bry.*, *Calc. C.*, *Carb. V.*, *Cham.*, *Cin.*, *Hep. Sulph.*, *Ipec.*, *Lach.*, *Merc.*, *Nux V.*, *Phos.*, *Puls.*, *Rhus*, *Sep.*, *Sil.*, *Sulph.*, *Veratr.*, etc.
- Cicuta Virosa*, in *Arn.*, *Con.*, *Lach.*, *Lyc.*, *Merc.*, *Op.*, *Puls.*, *Veratr.*, etc.
- Cina*, in *Arn.*, *Bell.*, *Cham.*, *Chin.*, *Hep. Sulph.*, *Ign.*, *Ipec.*, *Phos.*, *Filix Mas.*, etc.
- Cocculus*, in *Ars.*, *Ant. Tart.*, *Carb. V.*, *Cham.*, *Coff.*, *Cupr.*, *Ign.*, *Ipec.*, *Merc.*, *Nux Vom.*, *Puls.*, *Rhus T.*, *Stram.*, etc.
- Coffæa*, in *Acon.*, *Ars.*, *Bell.*, *Canth.*, *Cham.*, *Cocc.*, *Ign.*, *Merc.*, *Nux V.*, *Op.*, *Phos.*, *Puls.*, *Sep.*, *Sulph.*, etc.
- Colocynthis*, in *Arn.*, *Bell.*, *Canth.*, *Cham.*, *Coff.*, *Veratr.*, etc.
- Cuprum Met.*, in *Bell.*, *Calc. C.*, *Chin.*, *Cocc.*, *Dros.*, *Dulc.*, *Hep. Sulph.*, *Ipec.*, *Merc.*, *Nux V.*, *Puls.*, *Rhus T.*, *Sulph.*, *Veratr.*, etc.
- Drosera Rotundifolia*, in *Acon.*, *Bry.*, *Cin.*, *Cupr.*, *Hep. Sulph.*, *Hyos.*, *Ipec.*, *N. Vom.*, *Spong.*, *Veratr.*, etc.
- Dulcamara*, in *Acon.*, *Ars.*, *Bell.*, *Cupr.*, *Lach.*, *Merc.*, *Nux V.*, *Rhus*, etc.
- Euphrasia*, in *Arn.*, *Puls.*, etc.
- Helleborus Niger*, in *Ars.*, *Bell.*, *Bry.*, *Chin.*, etc.
- Hepar Sulphuris*, in *Ant. Cr.*, *Ars.*, *Bell.*, *Cham.*, *Cupr.*, *Lach.*, *Merc.*, *Nitr. Ac.*, *Spong.*, *Sil.*, etc.
- Hyosciamus*, in *Bell.*, *Chin.*, *Nux V.*, *Op.*, *Stram.*, *Veratr.*, etc.
- Ignatia*, in *Arn.*, *Ars.*, *Cham.*, *Cocc.*, *Coff.*, *Ipec.*, *Nux V.*, *Puls.*, etc.
- Ipecacuanha*, in *Ant. T.*, *Arn.*, *Ars.*, *Cham.*, *Chin.*, *Cocc.*, *Cupr.*, *Dulc.*, *Ign.*, *Nux V.*, *Op.*, *Phos.*, *Veratr.*, etc.
- Lachesis*, in *Ars.*, *Bell.*, *Carb. V.*, *Dulc.*, *Hep. S.*, *Merc.*, *Nux V.*, *Samb.*, *Veratr.*, etc.
- Lycopodium*, in *Ars.*, *Bry.*, *Calc. C.*, *Chin.*, *Nitr. Ac.*, *Phos.*, *Puls.*, *Rhus T.*, *Sep.*, *Sil.*, *Sulph.*, etc.

- Mercurius*, in Arn., Bell., Carb. V., Chin., Coff., Cupr., Dulc., Hep. S., Lach., Lyc., Nitr. Ac., Op., Phos., Puls., Sep., Sil., Sulph., etc.
- Nitri Acidum*, in Bell., Calc. C., Merc., Op., Puls., Sulph., etc.
- Nux Vomica*, in Acon., Arn., Ars., Calc. C., Carbo V., Cham., Chin., Cocc., Coff., Cupr., Dulc., Ign., Ipec., Lach., Merc., Op., Phos., Puls., Sep., Stram., Sulph., etc.
- Opium*, in Acon., Bell., Coff., Ipec., Lach., Hyos., Merc., Nux V., Phos., Stram., etc.
- Phosphorus*, in Arn., Ars., Bell., Carbo V., Ipec., Lyc., Merc., Nux V., Op., Puls., Rhus T., Sil., Spong., Sulph., Veratr., etc.
- Pulsatilla*, in Ant. Crud., Ant. Tart., Arn., Bell., Bry., Cham., Chin., Ign., Ipec., Lach., Lyc., Merc., Nitr. Ac., Nux V., Rhus T., Sep., Sulph., etc.
- Rhus Toxicodendron*, in Ant. Crud., Arn., Ars., Bell., Bry., Calc. C., Canth., Carb. V., Cham., Chin., Cocc., Coff., Cupr., Dulc., Hyos., Ign., Lach., Lyc., Merc. V., Nitr. Acid., Nux V., Phos., Puls., Samb., Sep., Sil., Sulph., etc.,
- Sambucus*, in Arn., Ars., Bell., Chin., Nux V., Op., Rhus T., etc.
- Sepia*, in Acon., Ant. Crud., Ant. Tart., Ars., Bell., Calc. C., Carbo V., Cham., Chin., Coff., Ign., Lyc., Merc., Nitr. Ac., Nux V., Phos., Puls., Rhus T., Sil., Sulph., Veratr., etc.
- Silicea*, in Bell., Calc. C., Cin., Hep. Sulph., Lach., Lyc., Merc. V., Phos., Puls., Rhus. T., Sep., Sulph., Veratr., etc.
- Spongia*, in Acon., Dros., Hep. Sulph., Phos., etc.
- Stramonium*, in Bell., Cham., Hyos., Merc. V., Nux V., Op., Veratr., etc.
- Sulphur*, in Ars., Bell., Calc. C., Cham., Chin., Cupr., Merc. V., Nitr. Ac., Nux V., Puls., Rhus T., Sep., Sil., etc.
- Veratrum Album*, in Acon., Arn., Ars., Bry., Chin., Coff., Cupr., Dros., Hell., Hyos., Ipec., Sep., Stram., etc.
- Viola Tricolor*, in Nitr. Ac., Rhus., Sulph., etc.

WHAT IS THE NEXT BEST REMEDY?

Some remedies act, all the symptoms corresponding, more efficaciously after, than before, others. It is well, however, for the reader to depend but little upon the subjoined list, in his choice of the *next* remedy, but to be guided mainly by a careful perusal of the symptoms of each remedy, as given in the *Materia Medica*.

Aconitum Napellus.—*Arnica*, *Arsenicum*, *Belladonna*, *Bryonia*, *Ipecacuanha*, *Spongia*, and *Sulphur*.

Antimonium Crudum.—*Pulsatilla* and *Mercurius* are occasionally indicated.

Antimonium Tartaricum.—*Ipecacuanha*, *Pulsatilla*, and *Sepia*.

Arnica Montana.—*Aconite*, *Ipecacuanha*, *Rhus Toxicodendron* and *Sulph. Ac.*

Arsenicum Album.—*China*, *Ipecacuanha*, *Nux Vomica*, *Sulphur*, and *Veratrum*.

Belladonna.—*China*, *Conium*, *Dulcamara*, *Hepar Sulphuris*, *Lachesis*, *Rhus Toxicodendron*, *Stramonium*, and *Veratrum*.

Bryonia Alba.—*Rhus Toxicodendron*.

Calcarea Carbonica.—*Lycopodium*, *Nitri Acidum*, *Phosphorus*, and *Silicea*.

Carbo Vegetabilis.—*Arsenicum* and *Mercurius*, *Ac. Phos.*

China.—*Arsenicum*, *Belladonna*, *Carbo Vegetabilis*, *Pulsatilla*, and *Veratrum Album*.

Cuprum Metallicum.—*Calcarea Carbonica* and *Veratrum*.

Hepar Sulphuris Calcareum.—*Belladonna*, *Mercurius*, *Nitri Acidum*, *Spongia*, and *Silicea*.

Ipecacuanha.—*Arnica*, *Arsenicum*, *China*, *Cocculus*, *Ignatia*, and *Nux Vomica*.

Lachesis.—*Arsenicum*, *Belladonna*, *Carbo Vegetabilis*, *Conium*, *Dulcamara*, *Mercurius*, and *Nux Vomica*.

Ledum Palustre.—*China* and *Sepia*.

Lycopodium.—*Graphites*, *Ledum*, *Phosphorus*, *Pulsatilla*, and *Silicea*.

Mercurius.—*Belladonna*, *China*, *Dulcamara*, *Hepar Sulphuris*, *Lachesis*, *Nitri Acidum*, *Sepia*, and *Sulphur*.

Nitri Acidum.—*Calcarea*, *Petroleum*, *Pulsatilla*, and *Sulphur*.

Nux Vomica.—*Bryonia*, *Pulsatilla*, and *Sulphur*.

Phosphorus.—*Rhus Toxicodendron* and *Sulphur*.

Pulsatilla.—*Bryonia*, *Nitri Acidum*, and *Sepia*.

Rhus Tox.—*Arsenicum*, *Bryonia*, *Calcarea*, *Phosphorus*, *Pulsatilla*, and *Sulphur*.

Sepia.—*Curbo Vegetabilis* and *Pulsatilla*.

Silicea.—*Hepar Sulphuris*, *Lachesis*, *Lycopodium*, and *Sepia*.

Spongia.—*Hepar Sulphuris*.

Sulphur.—*Aconitum Napellus*, *Belladonna*, *Calcarea Carbonica*, *Cuprum Metallicum*, *Mercurius*, *Pulsatilla*, *Rhus Toxicodendron*, *Sepia*, and *Silicea*.

Thuja Occidentalis.—*Nitri Acidum*, *Pulsatilla*, and *Staphysagria*.

Veratrum Album.—*Arnica Montana*, *Ars.*, *China*, *Cuprum*, and *Ipecacuanha*.

PART II.

CASUAL COMPLAINTS;

ALSO

AFFECTIONS ESPECIALLY REQUIRING LOCAL
TREATMENT.

WOUNDS.

Incised, Lacerated, Contused, and Punctured Wounds.

AN *incised wound* is commonly spoken of as a cut (see "*Incised Wounds*").

A *lacerated wound* is a jagged one, or a tear of the flesh (see "*Lacerated Wounds*").

A *contused wound* is a bruise (see "*Bruises, Black Eye*").

A *punctured wound* is one produced by a sharp-pointed instrument, as, for example, a stab of a knife or dagger (see "*Punctured Wounds*").

INCISED WOUNDS, CUTS.

The treatment of an incised wound depends upon its situation, and upon its severity.

In the treatment of a more or less severe cut, wherever situated, we have two objects in view; the first and immediate one is to stop the hæmorrhage (*i.e.* bleeding); and the second and after object is to heal the wound, and to leave as slight a scar as possible, and, in severe cases (which, however, are out of the scope of domestic practice), to prevent any distortion taking place, *e.g.* in wounds of the face and neck.

EXTERNAL TREATMENT.

Slight Wounds, Cuts.—Wash any dirt away, and apply cold water freely to the wound; holding a cut finger under a tap of running water is a good plan. When the bleeding has ceased, or nearly so, strap up the wound with *Arnica* plaster. In strapping up a cut, do not use one piece of plaster of the size of the cut, but use several slips, and apply each separately, across the wound (previously bringing its cut edges together). Apply a sufficient number of slips to completely cover the cut. Cut the plaster into slips of an inch to two inches in length, and of a quarter to half an inch in width.

If, after washing a cut, there remain any dirt, or foreign body in it (*e.g.* broken glass), it is well to leave spaces between the strips of plaster. If the bleeding do not cease readily, apply the *Concentrated Tincture of Calendula* to the wound. Always keep a cut, bleeding, surface uppermost; this is especially important in wounds of the hairy scalp of the head, in which cases the injured individual should keep in an upright posture. A neglect of this rule in scalp wounds is often the cause of profuse bleeding from the cut blood-vessels; which, however, will stop, almost instantaneously if no large branch be wounded, altogether, or nearly so on making the head the highest point of the body.

Severe Wounds.—Larger wounds require *Arnica* lotion before they can be strapped up. *Calendula* tincture should be employed in place of *Arnica*, in cases where the wounded patient is peculiarly susceptible to the action of *Arnica*.

Severe wounds require prompt measures to arrest the hæmorrhage (bleeding). If an artery be cut it will require to be ligatured; or, if it be a very small one, as in the palm of the hand, it will have to be compressed in another way. A cut artery may be recognised by the spirt of the blood, which rises and falls with the beating of the heart and pulse. These cases, of course, require and receive proper surgical treatment. It is well, however, for the reader to know how to stop, or to partially restrain, temporarily, the bleeding, pending the surgeon's arrival. The following rules apply more or less to all cases of hæmorrhage:—

1stly, Make the wound the *highest part of the body*, as far as possible. If it be a wound of the head, make the patient sit upright; this, as already stated, is alone sufficient, in most cases, to arrest the bleeding from slight wounds of the scalp. If it be a wound of the leg, let the patient lie down, and elevate the injured limb.

2dly, Apply pressure to the chief supplying artery. This can only be done in cases where the wound is in one of the limbs. The chief artery of the *arm* is on the inside, or body-side, of the biceps muscle (the prominent muscle in front of the

arm, not the fore-arm). In the *thigh*, make the pressure to the inner side of the thigh bone, about its middle. Make pressure, in either place, towards the bone—backwards and outwards. The firm pressure of the fingers is the readiest, but greater and more continued force can be applied by means of a wine-bottle cork, or a pebble, applied to the parts above mentioned, and a handkerchief or roller tied tightly round it and the limb. Increased pressure can be made with a piece of stick twisted in the tied bandage. The last mentioned means is in fact the principle of the surgeon's *tourniquet*.

3dly, Apply pressure to the cut itself. The ball of the thumb is, in most cases, the best. In slighter cases, where the blood does not jet, the application of the *Concentrated Tincture of Calendula* (without water), on lint or rag, to the wound is sufficient. The application of cold is a very useful one in many cases, and it may be a handy one. Put pounded ice and salt into a piece of cambric (a pocket-handkerchief), twist it tightly, and apply it to the wound.

Arnica and Calendula.—In addition to the incidental remarks, in this article, on the symptoms determining the choice between these two remedies, it is well to give the following:—*Arnica* is to be preferred if the wound possess any of the properties of a bruise—pains like those from a blow, and where there is yellowish and blackish discolora-

tion of the surrounding parts; these symptoms may be present if the wound be caused by a blow with a blunt weapon, or by a fall against any angular object. *Calendula* is to be preferred if there be a copious discharge of blood from the wound, or if there be much skin lost, or if, as is stated elsewhere, the patient be predisposed to erysipelatous inflammation.

Arnica and Calendula Lotion.

LOTION.—Add a teaspoonful of the *Concentrated Tincture of Arnica* or three of *Calendula* to six tablespoonfuls of water. Apply lint soaked in this lotion to the wound.

INTERNAL TREATMENT.

Remedies.—*Arnica Montana*, *Aconitum Napellus*, *China*.

Arnica Montana is indicated in all cases where its external application is required.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat after an interval of four hours, then wait six hours.

Aconitum Napellus, in cases where there is a good deal of general inflammatory fever. In most cases it is best given in alternation with the last named remedy.

DOSE.—Same as for *Arnica*. Repeat the dose, if the inflammatory symptoms continue, after the lapse of four hours, or on alternate three hours with *Arnica*.

China, if the patient lose much blood, and be exhausted. In an extreme case consult the articles

in the "*Materia Medica*," on *Sec. Cornutum*, and *Arsenicum*.

DOSE.—Same as for *Arnica*. Repeat morning, noon, and night.

LACERATED WOUNDS.

General Remarks.—A lacerated is a contused wound. Bruises and contusions are treated of elsewhere, although, in a popular sense, they are identical with the present variety. Erichsen defines lacerated and contused wounds to be those that are "conjoined with more or less bruising about the edges and sides; presenting every possible variety in the degree of contusion and of wound, from a cut on the shin to a limb crushed and lacerated by cannon-shot. They are commonly inflicted by blunt cutting instruments, as in chops by a hatchet, or by stones, bludgeons, etc. Lacerations by machinery, in which parts are torn off or crushed; the bites and gorings of animals, and gun-shot injuries of all kinds, come under this denomination."

Appearance of a Lacerated Wound.—The margins or lips of the wound are torn and uneven; they do not gape to the same extent that those of a *cut* do, and there are effused blood and discoloration, and the appearance of a bruise, all about the seat of injury. There is always in this class of wounds more or less complete death (gangrene, sloughing) of the immediately surrounding tissue. The bleeding

from a lacerated wound is seldom of any consequence.

TREATMENT.

In the first place carefully remove all foreign substances from the wound; for example, dirt, stone grit, bits of the clothes, etc. In slight cases, the holding of the wounded part under a tap of cold water, is sufficient to thoroughly cleanse it.

If a piece of skin be partly, but not entirely torn off, cleanse and replace it very carefully in its original position.

The after-treatment depends upon the after-appearance of the wound, whether suppuration (formation of purulent matter) take place or not.

TREATMENT BEFORE SUPPURATION.

Local Application.—Apply a cold water compress (*i.e.* a piece of folded linen rag soaked in cold water) to the wound's surface. The compress must be re-wetted as soon as it becomes hot.

The local application of *Arnica* tincture, in a lotion, to the wound may be permitted in slight cases (see "*Bruises*"), but not if there be much abrasion of the skin.

Internal Treatment.—Give *Arnica Montana* alone, or in alternation with *Aconitum Napellus*, if there be much inflammation and general fever.

Dose.—(*Arnica*.) Dissolve three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat after an interval of six hours. (*Aconite*.)—Same as for *Arnica*; with which remedy it should be given on alternate four hours.

TREATMENT DURING SUPPURATION.

Local Treatment.—If matter form, it will be necessary to apply warm bread-and-water poultices to the injured part, and to renew their application until the wound assumes a more healthy aspect. Cover the poultice first with oiled silk, and over all with flannel.

Hepar Sulphuris should be applied as an external application, as well as taken internally.

The Poultice.—Let fall from five to twenty drops of the tincture upon each poultice. The number of drops used, of course, depends upon the extent of the injury.

Internal Treatment.—In most (domestically treated) cases, *Hepar Sulphuris* will suffice.

Remedies.—*Arsenicum*, *Carbo Vegetabilis*, *Hepar Sulphuris*, *Silicea*, *Sulphur*.

Arsenicum should be administered in alternation with *Hep. Sulph.*, if the wound assumes a dark, livid-looking, unhealthy appearance.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one for a dose every six hours, or on alternate four hours with *Hep. Sulph.*

Carbo Vegetabilis is required in very bad cases, where the wound assumes a gangrenous appearance, and the discharge is very foetid. It may require to be applied, locally, in the form of trituration. These cases imperatively require the superinten-

dence of a homœopathic surgeon. *Hepar Sulphuris* is, as has been already stated above, sufficient in the majority of cases.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours. See *Arsenicum*.

Silicea and *Sulphur* are to be given in alternation, if the wound do not heal kindly, although it does not assume the threatening appearance calling for *Arsenicum* or *Carbo Vegetabilis*.

DOSE.—Same as for *Arsenicum*. Repeat every other six hours, each medicine successively.

BRUISES, A BLACK EYE.

A contused injury, or bruise, requires constitutional and local treatment. Very severe cases, requiring active surgical interference, do not, of course, receive notice in this place.

TREATMENT.

Local Treatment.—For a *common bruise* apply *Arnica* lotion to the bruised part. If a large surface be injured, the lotion should be much weaker than for one of less extent.

LOTION—(*for a Common Bruise*).—Add one teaspoonful of the *Concentrated Tincture of Arnica* to four tablespoonfuls of water. Apply lint soaked in this lotion to the bruised part (not to the eye), and cover with oiled silk.

LOTION—(*for an extensively contused surface*).—Add one teaspoonful of the *Concentrated Tincture of Arnica* to eight, twelve, or sixteen teaspoonfuls of water (according to its extent). Apply as above directed.

A *black eye* may be prevented by the application of *Arnica* lotion. Individuals that are not easily affected by erysipelatous inflammation may paint underneath the eye with half *tincture* and half water.

LOTION (*Black Eye*).—Twenty drops of the *Tincture of Arnica* to four teaspoonfuls of water. Bathe the eye with the lotion every four hours.

Medicinal Treatment.—*Arnica* is, as a rule, the remedy for all recent bruises. It is well, however, to point out some (exceptional) cases, requiring other medicinal treatment. Contusions, especially of the feet and ankles, in individuals constitutionally disposed to erysipelas; contusions (*e.g.* of the breasts) followed by local inflammation and general fever; enlargements of *certain glands*, following a bruise of old date. Further, consult the undermentioned remedies, and the articles upon "*Falls, consequences of,*" "*Abscess,*" etc.

Remedies.—*Arnica Montana*, *Aconitum Napellus*, *Belladonna*, *Conium Maculatum*, *Hepar Sulphuris*, *Phosphorus*.

Arnica Montana, in all recent cases of contusion. Pains always described as bruised pains. Discoloration, bluish, or purplish, and yellowness of the injured part, and generally for some distance round the immediate seat of injury. Hard or brawny swelling at the seat of injury, and immediately round it. If there be much active inflammation it may be necessary to alternate *Aconite* with this remedy.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every four or six hours, according to the severity of the injury.

Lotion for external application has been described above.

Aconitum Napellus is indicated if much inflammation succeed to the mere bruise; the latter having been neglected, or *Arnica* proving insufficient to a cure. *Acon.* may be alternated with *Arnica* at first.

DOSE.—Same as for *Arnica*. This remedy should be administered every four hours, or on alternate three hours with *Arnica*.

Belladonna, if there be much heat, swelling, and tenderness; also redness, the part assuming an erysipelatous appearance. (See further the articles on "*Erysipelas*" and "*Erysipelas from Arnica*.")

DOSE.—Same as for *Arnica*. Repeat every four or six hours, according to the severity of the inflammation.

Conium Maculatum for a slowly enlarged gland, the enlargement being the effect of a blow. It is chiefly required for the glands (in both sexes) having relation to the sexual system.

DOSE.—Same as for *Arnica*. Repeat, morning, noon, and night, for fourteen days.

Hepar Sulphuris is the appropriate remedy if an abscess form, to hasten the suppuration. See the article on "*Abscess*."

DOSE.—See *Abscess*.

Phosphorus may be required in the case of

threatening suppuration of the breast. It is better, however, in all cases of injuries to the breasts to have early professional homœopathic advice, for abscesses in the breasts are very prone to burrow and are troublesome to heal.

DOSE.—Same as for *Arnica*. Repeat every six hours.

PUNCTURED WOUNDS.

“Punctured Wounds,” says Mr Erichsen, “made by narrow, sharp-pointed instruments, vary greatly in extent, from the prick of a needle to a sword-thrust through the body. Not unfrequently punctured wounds are somewhat contused, being made by a triangular or wedge-like weapon, as a bayonet or lance blade. When deep they are of a most dangerous character—wounding blood-vessels, traversing the great cavities, and injuring the contained viscera.”

TREATMENT.

“In the treatment of punctured wounds the principal points are, to arrest the hæmorrhage (bleeding), and to facilitate union (*i.e.* healing).”

The bleeding must be stopped by the application, in severe cases, of compresses, of cold, or of a ligature, to a wounded artery (all of which means require competent surgical skill); in slight cases, the sucking of the wound, the instant application of *Arnica* sticking-plaster, and of a compress, are sufficient.

The most common variety of punctured wound, is that occasioned by the sharp-pointed portion of a broken needle, penetrating the flesh and remaining embedded in its substance, or a needle penetrates and breaks off, a portion remaining in the wound.

"These accidents," says Mr Erichsen, "chiefly occur in the fingers* and about the nates (the seat and private parts), and though of a trivial character are often extremely troublesome both to surgeon and patient."

Surgical aid should be called in, in all *recent* cases of wounds, of needles, splinters of wood, thorns, etc., where the foreign body remains impacted in the wound, for its extraction.

If, however, the needle has remained in the wound for several days, it is better, as the above eminent surgeon says, "to leave it undisturbed, and to trust to nature for its elimination from the body, as it will seldom be found when sought for, and, indeed, may not exist, although supposed to be present."

The above remarks on the treatment of these wounds only applies to their external treatment. It is, however, in respect of their constitutional treatment that *Homœopathy* affords so great a means of safety and of cure to the patient.

* I have met with several cases where broken needles have penetrated the feet and toes, they having been trodden on at night with the feet uncovered.

Remedies.—*Arnica Montana*, *Aconitum Napellus*, *Belladonna*, *Rhus Toxicodendron*, *Cicuta Virosa*.

Arnica Montana is homœopathic to simple, uncomplicated cases, as it is to almost all wounds. It should be given at once, and be repeated at intervals, until homœopathic surgical aid can be obtained. It may be given alone or in alternation with the next, or some other remedy.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. If *Arnica* only be given, repeat at intervals of six hours, as long as benefit results, and this remedy is alone indicated. If *Arnica* be given alternately with *Aconite*, repeat the dose every other three or four hours with that remedy.

Aconitum Napellus is indicated, and should be administered, in alternation with *Arnica*, if there be general febrile disturbance of the system.

Dose.—Same as for *Arnica*.

Belladonna is indicated if there be a great deal of painful inflammatory action in the immediate vicinity of the wound, with great heat, redness, swelling and pain, and, in fact, in cases where the neighbourhood of the wound has an erysipelatous appearance, of a non-vesicular character. The brain may be in a high state of nervous excitement, from, as well as from the fear of, the wound being poisoned.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one for a dose. Repeat every six hours.

Rhus Toxicodendron may be given alone or after *Belladonna*, or in alternation with the latter remedy. It is indicated by the erysipelatous inflammatory swelling assuming or having a vesicular appearance, and by the character of the accompanying fever, which, if *Rhus Tox.* be indicated, is of a low typhoid type.

DOSE.—Same as for *Belladonna*. Repeat every six hours, or on alternate four hours with that remedy.

Cicuta Virosa is only indicated in cases where *Belladonna* fails to relieve the brain symptoms, and where there are muscular twitchings.

DOSE.—See *Belladonna*. Repeat after an interval of six hours.

SPRAINS, STRAINS.

General Remarks.—By a *strain* is meant an injured condition of a part of the muscular system, consequent upon an over-use of the part or parts affected, no matter whether the exertion be long continued or momentary;—*e.g.* the fatigued condition of the muscles of the calves of the legs, thighs, etc., from too long a walk or ride, and the effect of straining upon the muscles of the back and loins from the lifting of a heavy weight.

A *sprain* is an injury of the ligaments of a joint, without dislocation, and is the effect of their over-extension, *e.g.* a sprain of the ankle-joint occasioned

by putting the weight of the body momentarily upon the edge of the foot when making a false step.

It is evident, however, that these injuries are different in degree rather than in kind, and that their treatment is medicinally the same.

TREATMENT.

The internal (medicinal) treatment of a strain is more important than the external. On the other hand, the external treatment of a sprain is the more important of the two.

For a recent sprain or strain, employ *Arnica* or *Calendula*, internally, and as an external application. At a more advanced stage, employ *Bryonia* and *Rhus Toxicodendron*. See "*Rheumatism*," "*Lumbago*," the effects of "*Fatigue*," etc.

EXTERNAL TREATMENT.

In slight cases apply lint or linen rag, soaked in the lotion of one of the remedies below mentioned, to the affected part, and cover with oiled silk, and put over all a flannel bandage. In cases of general straining of the muscular system, from over-exertion, etc., a warm bath, with some *Tincture of Arnica* in it, affords the most prompt relief. The bath may be one for the whole body, for sitting in (hip-bath), or for the feet only, according to the extent of the injury. See the article on "*Fatigue*."

In *severe strains* of the back apply an old soft

napkin, or small towel, wet with the lotion, to its whole surface, and well cover the wet linen with two or three folds of dry flannel.

Severe sprains of joints require the supervision of a homœopathic surgeon, not only for their treatment, but for the purpose of knowing that the injury is only a *sprain*, and that it is not a dislocation of the joint, with which latter it is easily confounded by the unprofessional reader, and if there be much swelling, not readily distinguished by the professional attendant.

Bona fide sprains are best treated with soaked lint, oiled silk, etc. (see above). If, however, there be very much swelling, pain and tenderness, redness, and, in one word, great inflammation of the joint, it may be advisable to substitute hot, or perhaps cold, bread-and-water poultices for the above-described compress.

Tinctures for External Use.—*Arnica Montana*, *Calendula*, *Bryonia*, *Rhus Toxicodendron*.

Arnica Montana.—See, for the indications for this remedy, below, “*Medicinal Treatment.*”

LOTION.—One teaspoonful of the concentrated *Tincture* of *Arnica* in four tablespoonfuls of water. If it be practicable, apply lint, soaked in the lotion, continually to the affected part; if not, bathe the part with the lotion every three hours.

Calendula.—This remedy is to be employed, as a local application, in place of *Arnica*, in cases where the patient is peculiarly susceptible to the latter drug. Females, and persons of fine skin

and lymphatic temperament (similar to that indicating *Pulsatilla*), are, perhaps, more susceptible to the irritating action of *Arnica* than others.

LOTION.—Add the concentrated *Tincture* of *Calendula* to the water, in the proportion of a teaspoonful of the former to two tablespoonfuls of the latter.

Bryonia Alba is generally only useful externally in slight pains, where the pains are excited or aggravated by the least movement; especially in pains of the chest, affecting generally its muscles, and especially the intercostals (*i.e.* those between the ribs),—pains of which latter are excited by the effort of breathing.

LOTION.—A teaspoonful of the concentrated *Tincture* of *Bryonia Alba* in three tablespoonfuls of water.

Rhus Toxicodendron, especially for pains in the back and loins, the result of a strain, most severe on first moving (*e.g.* rising after stooping, or on first attempting to stoop). See further, "*Bryonia*" and "*Internal Treatment*."

LOTION.—A teaspoonful of the concentrated *Tincture* of *Rhus Toxicodendron*, in four tablespoonfuls of water.

INTERNAL TREATMENT.

Remedies. — *Arnica Montana*, *Bryonia Alba*, *Rhus Toxicodendron*.

Arnica, in all cases of sprains and strains, in the early stage, where another remedy is not specifically indicated.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours, four times.

Bryonia for pains in the back, made worse by the least movement; the consequences of straining, whilst lifting a heavy weight or of any violent exertion. See "*Rheumatism*" and "*Lumbago*," and "*External Treatment*" of "*Sprains and Strains*."

DOSE.—Same as for *Arnica Montana*. Repeat every four or six hours, or on alternate three or four hours, with *Rhus Toxicodendron*.

Rhus Toxicodendron, for pains in the limbs, worse during rest or on first moving the joint; the consequences of strains and sprains of joints; especially in obstinate cases, where *Bryonia* fails to afford relief.

DOSE.—See *Arnica*. Repeat thrice daily, or every alternate three or four hours, with *Bryonia Alba*.

FALLS, CONSEQUENCES OF.

YOUNG children very often are hurt by falling down stairs, off a chair, or out of bed. In the majority of cases the part injured by the accident is the head, and, where the fall is from any considerable height, the child is stunned by its violence. In other than slight and temporary cases consult a homœopathic surgeon.

Symptoms.—These are those of "*Concussion of the Brain*." The patient is completely insensible,

unable to move, and breathes more or less stertorously (snoringly, laboured, with great difficulty); his pulse is weak, irregular (intermittent), and slow; and his limbs are cold. In severe cases, inflammation of the brain supervenes upon the apparent partial recovery of the patient.

TREATMENT.

External.—Place the patient upon the bed or sofa, and apply *Arnica* lotion to the injured part. Do not try to make him eat or drink any thing. Keep the room very quiet, and do not allow any loud talking; and, what is often of vital importance, do not on any account speak to, or allow others to speak to, the patient, or in any way endeavour to rouse him to notice you. The injudiciously acted upon anxiety of bystanders, is continually leading them to break through the advice just given, and their doing so increases materially the likelihood of inflammation of the brain being set up.

Dose (Internal).—Put one, two, or three globules of *Arnica Montana* upon the child's tongue. Repeat every three hours, until the symptoms are much better; or another remedy is required, on account of symptoms of inflammation of the brain appearing.

External Application.—Apply the following lotion to the bruised, swollen, or wounded part of the head. Add thirty drops of the concentrated *Tincture of Arnica* to four tablespoonfuls of water. If, however, there be an external wound, add only five drops instead of thirty. In slight cases bathe the parts with this lotion, every three or four hours; in bad cases apply the lotion, on lint, continually to the parts. If the symp-

toms increase in intensity, after the application of the lotion, discontinue its use until they have subsided, when the lotion can be again applied, diluted with its own bulk of water.

POISONED WOUNDS.

(*Stings of Gnats, Mosquitoes, etc., Bites of Reptiles and Mad Dogs.*)

General Remarks.—Some other varieties of poisoned wounds are treated of elsewhere,—whitlow, or erysipelas following the use of *Arnica*. Homœopaths fortunately possess a law of cure which is applicable to the treatment of the more serious kinds of poisoned wounds, the bites of venomous serpents, and mad dogs. The old system of physic has, notoriously, been long altogether at sea with regard to the treatment of such wounds. The rapidity of the absorption of the virus prevents any benefit from enlarging or cauterizing the wound. The failure of old-system treatment was, unfortunately, shown a year or two since in the case of a keeper at the Zoological Gardens, in this metropolis, who died miserably from the effects of the bite of a cobra.

TREATMENT.

The treatment of small injuries, scarcely deserving of the name of *poisoned wounds*, from the bites of gnats, fleas, and the not-to-be-named insect

(cimex), is first given, and afterwards that of the severer kinds—*e.g.* of serpents, etc.

FLEA-BITES, STINGS OF GNATS, ETC.

Remedies.—*Arnica Montana*, *Ledum Palustre*.

Arnica is not, perhaps, quite so efficacious as *Ledum Palustre* for the cure of the small wounds but it is almost always available, which *Ledum* is not. *Arnica* should be taken internally, and be applied as a local application.

*Ledum Palustre** is, as already stated, to be preferred to *Arnica*, *ceteris paribus*.

ARNICA MONTANA.

Internal Administration.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat, if necessary, after an interval of six hours.

Local Application.—Apply lint, or linen rag, wet with *Arnica* lotion, continually to the part affected. Make the lotion in the proportion of five drops of the concentrated *Tincture of Arnica*, to one, two, or three teaspoonfuls of cold water.

LEDUM PALUSTRE.

Internal Administration.—Same as for *Arnica Montana*.

LOTION.—Ten or twenty drops of the strong tincture to the teaspoonful of water; or the first centesimal dilution may be used.

* *Ledum palustre* is so seldom required in practice, that it has not been thought advisable to introduce it into the list of remedies recommended in the body of this work, as an internal remedy. In these cases, its application externally is, however, in almost all cases, sufficient. It is, however, included among the remedies referred to in the "*Appendix*."

BITES OF MAD DOGS, VENOMOUS SERPENTS,
ETC.

Dr C. Hering, of Philadelphia, says, "The best domestic remedy against the bites of venomous serpents, mad dogs, etc., is radiating heat. This should be done by the readiest means at hand,—a red-hot iron, or live coal, or even a lighted cigar, for instance, must be placed as near the wound as possible without, however, burning the skin, or causing too sharp pain; but care must be taken to have another instrument ready in the fire, so as never to allow the heat to lose its intensity. It is essential, also, that the heat should not exercise its influence over too large a surface, but only on the wound and the parts adjacent. If oil or grease can be easily procured, it may be applied round the wound, and this operation should be repeated as often as the skin becomes dry; soap, or even saliva, may be employed when oil or grease cannot be obtained. Whatever is discharged from the wound ought to be carefully removed. The application of burning heat should be continued in this manner till the patient begins to shiver, and to stretch himself. If this takes place at the end of a few minutes, it will be better to keep up the action of the heat upon the wound for an hour, or until the affections produced by the venom are observed to diminish. Internal medicines must be judiciously administered at the same time. In

the case of a BITE FROM A SERPENT, it will be advisable to take from time to time, a gulp of *salt and water*, or a pinch of kitchen *salt*, or of *gun-powder*, or else some pieces of *garlic*. If, notwithstanding this, bad effects show themselves, a *teaspoonful of brandy* or *wine* administered *every two or three minutes* will be the most suitable remedy, and this should be continued till the sufferings are relieved, and repeated as often as they are renewed."

Dr Hering goes on to advocate the internal administration of *Arsenicum*, in cases where the patient gets worse under the foregoing treatment. Whether the local application of heat is so advantageous, as it is considered by Dr Hering, is doubtful; as it is, however, readily procured, it ought not to be neglected. The most valuable lines in the foregoing paragraph are those (italicised) concerning the internal administration of spirits, continued even to the verge of intoxication. Large doses of *ammonia* are also often useful. The use of these fluids may be considered, broadly, as quite homœopathic to the effects of the bites of venomous reptiles. The early application of suction to the wound, is very valuable, and where lips are used a very convenient one. A cupping-glass is less handy. It is, however, important that the lips and tongue of the operator have no abrasion of the mucous membrane and cuticle: any such want of continuity allowing of the absorption of the poison.

SCALDS AND BURNS.

A SCALD is an injury inflicted by any boiling fluid, or by partially condensed steam. A *Burn* is an injury inflicted by flame (including the injuries effected by an explosion of gas or gunpowder), by any burning substance, *ex gr.*, the crinoline combustions, and by any heated metal or other substance, (hot iron, etc.). Extensive injuries caused by a burn or scald, implicating an extensive surface, are generally fatal in their results, the patient dying soon after the receipt of the injury from the shock to the system. The treatment given in this article is principally that of slight cases.

EXTERNAL TREATMENT.

Slight Burns and Scalds.—Hold the injured part, in slight cases, for a few minutes near the fire.

Severe Cases.—In severe cases apply *Arnica*, *Cantharides*, *Spirits of Wine*, *Soap*, or *Flour*, to the injured surface.

Arnica, in slight cases, where the application of heat fails to afford relief, or the latter is not available.

LOTION.—Add one teaspoonful of the concentrated *Tincture of Arnica* to eight tablespoonfuls of water; first bathe the injured part with this lotion,

and afterwards apply it on lint covered with oiled silk.

Cantharides is very useful in preventing the formation of blisters. It should be applied immediately after the receipt of the injury, or not at all; and then only in slight cases, where the surface scalded is of small extent.

LOTION.—Six drops of the second dilution of the *Tincture of Cantharides* to a tablespoonful of water. Keep the injured part well and continuously covered with lint, soaked in this lotion.

Spirits of Wine, in slight cases. It should be applied warm immediately it can be procured. *Spirits of Wine, pure Gin, or Hollands*, can often be obtained more quickly than *Arnica* or *Cantharides*.

APPLICATION.—Cover the soaked lint with oiled silk.

Soap is a good application in severer cases than those before treated of.

The part affected, if ulceration take place under the soap dressing, will require, first poulticing, and at a later period cold water and *Calendula* dressings. These cases are, however, of too serious a description for domestic treatment.

APPLICATION.—Employ pure curd soap, or the unscented transparent soap. Make a thick lather, and apply it, spread upon strips of thick linen, to the injured part. Another plan is to make a lather, with a shaving-brush, and smear it over the part, in successive layers.

Flour, in cases where no other substance is immediately available, or where a large amount of surface is affected. It should be, however, only applied in the cases mentioned; its effects being inferior to that of the soap dressing; and because its after-treatment is more painful and difficult than the latter.

APPLICATION.—Sprinkle it over the injured parts freely with a flour-dredger.

Scalded Throat.—The throat may be scalded by the inhalation of steam, by the swallowing of hot water or other fluids. Children sometimes scald their throats by putting their mouths to the spout of a teakettle containing boiling water. The majority of these cases end fatally.

Dissolve *Castile Soap* in spirits of wine, whisky, gin, etc., and give two to four drops in a little water every five minutes.

INTERNAL TREATMENT.

Remedies.—*Aconitum Napellus*, *Cantharis*, *Carbo Vegetabilis*, *Hepar Sulphuris*, *Secale Cornutum*, *Arsenicum*.

Aconitum Napellus should be administered if there be any fever.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat after four hours.

Arsenicum, in bad cases, especially where ulceration takes place under the soap dressing, and poulticing is required. A bluish black gangrenous appearance of the sore is an additional indication

for this remedy. It may be alternated, if healthy pus be secreted, with *Hepar Sulphuris*. See *Carbo Veg.* and *Secale Cornutum*.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat every six hours; or every other four hours alternately with *Hepar Sulphuris*.

Cantharis should be administered internally, in cases where its tincture is applied externally.

DOSE.—Same as for *Aconite*. Repeat after an interval of four hours.

Carbo Vegetabilis, in cases similar to those indicative of *Arsenicum*, where the latter remedy fails to improve the appearance of the sore, which bleeds readily, and discharges foul, putrid smelling matter. In some cases the application of powdered charcoal to the wound is attended with benefit.

DOSE.—See *Arsenicum*. Repeat every four hours.

Hepar Sulphuris is to be administered in cases where healthy pus is secreted and poultices have to be applied. See *Arsenicum*.

DOSE.—See *Aconite*. Repeat every six hours, or on alternate four hours with *Arsenicum*.

Secale Cornutum, only in very bad cases, where professional treatment is not obtainable. Mortification is set up, and the patient appears sinking.

DOSE.—Same as for *Arsenicum*.

EXPOSURE TO EXTREME COLD.

See Appendix ("*Diseases of Canada*").

FROSTBITE, LOCAL EFFECTS OF
GREAT COLD.

General Remarks.—The most frequently *frost-bitten* parts are, the nose, ears, fingers, and toes; they are so for the reason that they are the farthest removed from the heart's action, and because they are, in addition to the above, more exposed than other portions of the body.

Symptoms.—The part affected *looks blue* (*i.e.* has a livid appearance); this is the first noticeable symptom. "If the exposure to cold," Mr Hunt says, "still continue, even the venous blood disappears; all the blood is thrown upon the internal or less exposed parts, and the surface in question becomes white, considerably contracted or 'shrunk up,' and quite insensible and motionless. The part is, in fact, killed for a time, as much as if it had 'mortified.' Its danger, after withdrawal of the cause, is, that structural disease, inflammation, and common mortification will ensue on a too sudden, or on only partial, restoration of vital temperature and activity."

TREATMENT.

“Rub the frozen part with *snow* (where it is not to be met with, smooth ice may do for a while). After a while the snow may be laid aside, and the part put into cold water, and there rubbed, first with flannel, and then with the hand. All this while the patient should be kept out of any room in which there has recently been a fire, and in an atmosphere not much, if any, above freezing-point.” This treatment must be persevered in until complete sensibility of the part is restored. Administer, frequently, as a drink, small quantities of cold water.

Medicinal Treatment.—This is the same as that required for a much more serious casualty,—namely, the exposure to extreme cold, and freezing of the whole body. For the treatment of this last-mentioned most serious condition, see the article in the Appendix, containing the “*Diseases of the British Possessions*,” on “*Diseases of Canada*,” “*Exposure to Extreme Cold*.”

Carbo Vegetabilis, for the severe pains, consequent upon vital reaction setting in.

DOSE.—One drop of the tincture, three globules, or two pilules, in a teaspoonful of water. Repeat every four hours.

Arsenicum, if *Carbo Vegetabilis* prove insufficient; or they may be given in alternation, if the pains continue too long.

DOSE.—See *Carbo Vegetabilis*. Repeat in like manner.

These remedies failing to produce a good effect, and mortification (gangrene, death of the part) commencing, I would recommend the administration of *Secale Cornutum*; on account of its powerful influence over disorganized tissues.

DOSE.—See *Carbo Vegetabilis*.

FATIGUE.

Fatigue from Physical Labour.—An arnicated foot-bath, or bath, is a useful accessory treatment to the internal medicinal one. See, further, the article upon “*Sprains and Strains*.”

DIRECTIONS FOR THE ARNICATED FOOT-BATH.—Put a teaspoonful of the *Concentrated Tincture of Arnica** into the foot-bath. Keep the feet in the bath for from ten to fifteen minutes, and keep on adding, every three minutes, fresh hot water to that in the bath.

If the hands are tired by too much, or unaccustomed, exertion, bathe them with the following lotion.

LOTION FOR THE HANDS.—Let fall thirty drops of the *Concentrated Tincture of Arnica* in a pint of cold water. Bathe the hands in the lotion for two or three minutes at one time. Repeat after an interval of from two to six hours.

In cases where the fatigue and soreness are felt

* The preparation of *Arnica Montana* employed by homœopaths, is the only one to be depended upon. The common Arnica tincture does not possess near its strength.

in the hips, buttocks, thighs, etc. (*e.g.* after riding on horseback), an *Arnicated* hip-bath is a good application. If it be employed in the morning, it should be of cold water; in the evening, when there is less power of reaction in the system, it should be of warm, but not of very hot water.

AN ARNICATED HIP-BATH.—Add a teaspoonful of the *Concentrated Tincture of Arnica* to the water in the hip-bath. Remain in the bath about five minutes.

Note.—In those cases where the individual, fatigued by over-exertion, is very susceptible to the action of *Arnica*, or if he be disposed to erysipelatous inflammation, he should use the *Arnica Tincture* much less freely; or *not at all*, if she (the predisposed sufferer in this case is more often a female) *be extremely sensitive* to its action. If *Arnica* is to be employed, let fall five or ten drops in the bath, instead of a teaspoonful. If *Rhus Tox.* be given internally, it will be well to use it externally as well; used the same as *Arnica*. See above, the *Arnica Foot-bath and Hip-bath*.

Remedies.—*Arnica Montana*, *Aconitum Napellus*, *Rhus Toxicodendron*, *Bryonia*, *Coffæa*, *Veratrum Album*.

Arnica Montana, for the effects of physical fatigue, characterized by a bruised feeling, with a sensation of stiffness, or of lameness in the limbs, with general loss of strength, as though unable to move at all. For *Arnica* as an external application, see "*Arnicated Foot-bath*," etc.

Dose (*Internal administration*).—Three globules, two pilules, or one drop of the tincture (*dilution*), in a tablespoonful of water. Repeat after intervals of from three to six hours, three or four times.

Aconitum Napellus is indicated by flushes of heat, laborious respiration, palpitation of the heart, and by painful sensibility of the affected parts to the touch.

Dose.—Same as for *Arnica Montana*. Repeat every four hours, or on alternate three hours with *Arnica*.

Rhus Toxicodendron, for the effects of strains, by lifting weights, etc. Pains in the back and loins; burning, tearing pain in the shoulder, with lameness of that joint; *tearing, bruised* pain in the hip-joint or thigh, knee-joint, etc. The pains are principally felt during rest, or on first moving, and disappear or are relieved by continued exercise.

Dose (*Internal administration*).—See *Arnica Montana*. Repeat every four or six hours; or on alternate three or four hours with *Bryonia*.

EXTERNAL APPLICATION.—See above, "Note."

Bryonia is generally required after *Aconite*, and before *Rhus Tox.*, or in alternation with the latter. Pains in the chest and limbs, aggravated by movement.

Dose.—See *Arnica* and *Rhus Toxicodendron*.

Coffæa, for great nervousness, with crying, and a sensation of exhaustion and weariness in the lower limbs whilst out of doors walking. *Coffæa*

is of no use to individuals habituated to the use of the infusion of coffee as a beverage.

DOSE.—Same as for *Arnica Montana*. Repeat, if it be necessary, after an interval of four hours.

Veratrum Album, for extreme exhaustion, even fainting, from fatigue. Also, if diarrhœa and cramps in the bowels and lower limbs follow.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one dessertspoonful every three, four, and six hours.

FAINTING, SWOONING.

Nervous, sensitive females, are more especially liable to faint from any sudden emotion. For hysterical fits of fainting, as distinguished from a simple, or, so to speak, occasional swoon, consult the article upon "*Hysterics*."

TREATMENT.

Lay the patient in a recumbent position, upon a couch, or a mattress; a soft bed is objectionable. Open a door or window. Prevent any crowding or standing of persons round the patient, as the doing so impedes the free circulation of air. Loosen everything round the throat and chest, and at once cut the stay-laces, if the patient be so foolish as to wear stays. Sprinkle the face with

cold water, and, if it be at hand, let the patient inhale some spirits of *Camphor*.

If the cause of the swoon be known, administer one of the following medicines.

Remedies.—*Opium*, *Ignatia*, *Chamomilla*, *China*.

Opium, if it be caused by sudden or excessive joy, or by a fright.

DOSE.—Two globules, or a pilule,* on the tongue. If the patient can swallow, the medicine is better given dissolved in a teaspoonful of water. In case the tincture of *Opium* only is available, give one drop on a small piece of loaf sugar.

Ignatia should be given if the swoon be caused by grief.

DOSE.—Same as for *Opium*.

Chamomilla, if it be caused by anger.

DOSE.—See *Opium*.

China, for swooning, the effect of weakness from loss of blood, exhaustive diarrhoea, etc.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. This remedy requires to be administered at regular (six hours) intervals, after recovery from the swoon.

* It is better to crush a pilule, previously to administering it, between two pieces of clean writing or blotting paper.

HEAD AFFECTIONS, THE EFFECTS OF
GRIEF, JOY, PASSION, OR FRIGHT.

For the effects of any mental emotion of the mother upon an infant at the breast, and the necessary treatment, the reader is referred to the article on "*Suckling*," "*Emotion of the Mother*."

TREATMENT.

Diet and Hygiene.—If there be symptoms of "*Indigestion*," consult the directions given in its article, and, further, those in the article upon "*Constipation*." If there are febrile symptoms, follow the directions given in the article upon "*Fever*."

Remedies. — *Aconitum Napellus*, *Belladonna*, *Bryonia*, *Camphora*, *Chamomilla*, *Coffæa*, *Colocynthis*, *Hyosciamus*, *Ignatia*, *Nux Vomica*, *Opium*, *Pulsatilla*, *Sambucus*, *Veratrum*.

Aconitum Napellus is not generally indicated *immediately* after a fright, when *Opium* is the more appropriate remedy, but afterwards, when febrile symptoms appear; the pulse becomes full and quick, the skin hot and dry, the face hot and flushed, and the head aches. Other symptoms indicative of *Aconite* are—fear of death, with great anxiety and palpitation, sleeplessness, or too light sleep at night, with febrile excitement; the sleep

is disturbed by anxious dreams and by waking in a fright.

DOSE.—*Adults*: Dissolve six globules, four pilules, or two drops of the tincture, in four tablespoonfuls of water, and take one tablespoonful of the mixture for a dose. *Infants*: A teaspoonful of the above-described mixture. Repeat, in either case, if necessary, after an interval of three, four, or six hours.

Belladonna, for the effects of very powerful emotions, characterized by furious delirium, depressed spirits, wretched-looking countenance; the extremely pale face suddenly becoming red, with cool cheeks and a burning forehead; burning hot, and, at the same time, *pale*, face, without thirst; extreme indifference and apathy to everything, for several hours. The patient is easily irritated, and is excited by trifles. Nervous excitement after being frightened.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two dessertspoonfuls of water, and give one dessertspoonful for a dose to an adult, and a teaspoonful to an infant. Repeat after six hours if required.

Bryonia, for peevishness of bilious, rheumatic persons; for dread of the future; and for bad-tempered people, inclined to cry, and to be frightened, after a fit of passion.

DOSE.—Same as for *Aconite*. Repeat in a like manner.

Camphora, for the mental derangements produced by many of the vegetable poisons (*e.g.* *Opium*, etc.). Fear, causing the individual to hide in a corner, and to cry and scream.

DOSE.—Where *Camphor* is given to mitigate the effects on the

brain, of vegetable medicines in relatively large doses, it should be given in strong tincture,* two drops for a dose, upon a small lump of sugar. It should be repeated at intervals of two, three, five, or ten minutes, according to the lasting urgency of the symptoms. If *Camphor* be required to antidote the effects of homœopathic medicine, given in infinitesimal doses, it should be given in similar doses, or by olfaction (*i.e.* inhalation, the inspiring of its vapour).

Chamomilla, for the effects of passion; for ill-humour and peevishness; for quarrelsomeness, crying on account of a very trifling, or imaginary, trouble. Consequences of violent passion, resembling some of the symptoms of bilious fever.

DOSE.—See *Aconite*. Repeat after four hours.

Coffæa, for the effects of very great, or unexpected joy. The patients (generally females or children) are seized with trembling, as though they were about to faint.

DOSE.—Same as for *Belladonna*. If *Coffæa* be inefficient, give *Belladonna*.

Colocynthis is indicated for the effects of vanity and self-esteem, mortified by contradiction, and for the rage therefrom; violent colic of the bowels; pains in the hip-joints, and cramps in the calves of the legs.

DOSE.—Same as for *Aconite* (in persons of robust habit of body); but as for *Belladonna*, in nervous, sensitive individuals Repeat after an interval of six hours.

* The tincture of *camphor* prepared by homœopathic chemists is much stronger than that sold by old-system druggists.

Hyosciamus, in cases similar to those requiring *Belladonna*; the effects of fright, of jealousy, of disappointed love.* Symptoms are—difficulty of swallowing, disturbed sleep, etc.

DOSE.—Same as for *Belladonna*. Repeat similarly.

Ignatia is homœopathic to that large class of cases caused by grief, unrequited love, etc., with a choking sensation as of a ball rising in the throat.

DOSE.—See *Aconite*. Repeat every four or six hours.

Nux Vomica, for the effects of intoxicating beverages, of a surfeit of food, or of a fit of passion. In irritable, energetic individuals, of a constipated habit of body, disposed to piles.

DOSE.—Same as for *Aconite*. Repeat every hour or two hours, if it be the effect of indulgence; in other cases it need not be repeated.

Opium should be administered *immediately* after the nervous shock of sudden joy or fright is experienced. Determination of blood to the head; the face is as in a fit of apoplexy; foaming at the mouth, etc., or dizziness, with trembling, opacity of vision, and noise in the ears.

DOSE.—Same as for *Belladonna*. Repeat after an interval of four, six, or eight hours, or choose another remedy.

Pulsatilla, for the emotions of females and persons of a mild, placid disposition, disposed to

* *Ac. Phosphoricum* is preferable for the grief of unrequited passion.

tears; also after *Cham.* has proved insufficient. Diarrhoea caused by fright.

DOSE.—Similarly to *Aconite*. Repeat, if necessary, after an interval of four or six hours.

Sambucus, for cases similar to those calling for *Opium*. Difficult respiration, snoring during sleep, and many other symptoms of asthma. For infants.

DOSE.—Same as for *Aconite*. Repeat every six hours, or take a teaspoonful of the mixture every fifteen minutes during the paroxysm.

Veratrum Album, for cramps of the bowels and lower limbs (especially), diarrhoea, and coldness of the body, from fright.

DOSE.—See *Belladonna*. Repeat, if necessary, after an interval of six hours.

HYSTERICIS (HYSTERIA).

IN the same way that hypochondriacal patients are always males, the hysterical habit of body is peculiar to females. Females who are subject to *fits* (as they are called commonly) of *hysterics*, are generally inclined to have attacks of the so-called spasms (see, further, "*Spasms*") and of nervous irritation.

Causes.—This habit of body is, in almost all cases, originally dependent upon a deranged condition of the womb. Conducive causes are all those

which have a debilitating or injuriously stimulating effect ;—profuse discharges of any kind, principally, of course, leucorrhœal or menstrual ; a badly selected course of novel and romance reading, etc. Except in recent and slight cases, professional homœopathic advice should be sought.

TREATMENT.

The local treatment of a fainting fit is described in the article upon "*Fainting, Swooning.*"

The treatment of the morbid state of mind leading to these hysterical attacks is both moral and medicinal. Cheerful conversation, change of scene, early hours, regularity in the taking of meals, cold-water bathing, etc., are all important means to the removal of this state of the system.

Diet.—See "*Indigestion*" and "*Constipation.*"

Remedies. — *Aconitum Napellus*, *Belladonna*, *Coffœa*, *China*, *Chamomilla*, *Ignatia*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

Aconitum Napellus, for congestion of the head and face, feverishness, and dread of death.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in two *tablespoonfuls* of water, and take a *dessert-spoonful* for a dose. Repeat, if necessary, after an interval of three hours, or take it at bed-time.

Belladonna, for nervous, sensitive females, with fair, delicate skin, and inclined to *embonpoint* ; insensibility, flow of tears from passion,—after

Opium has proved insufficient for a fright, or after *Coff.* or *Cham.*

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two dessertspoonfuls of water, and take one dessertspoonful for a dose. Repeat after an interval of four or six hours.

Coffæa is indicated in cases of extreme nervous excitability, causing extreme restlessness and wakefulness; distracting pains in the stomach and bowels of females.

DOSE.—Same as for *Belladonna*. Repeat every four or six hours, according to the severity of the symptoms.

China, for the effects of profusely exhaustive discharges (bleeding piles, whites, etc.). Violent neuralgic and rheumatic pains, especially if they return at regular periods, with weak digestion.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat, morning, noon, and night.

Chamomilla, for headache, confused ideas, etc., and many other symptoms of the convulsive spasmodic attacks of hysterical females, especially in connexion with the monthly period.

DOSE.—Same as for *Aconite*. Repeat after an interval of three, four, or six hours, according to the severity of the symptoms.

Ignatia is an important remedy for hysterical convulsions, with the sensation of a ball rising in the throat; a feeling as though a sharp body, like a nail, were pressed into the brain. Also in cases

where the temperament of the patient is opposed to that indicative of *Nux Vomica*.

DOSE.—Same as for *Belladonna*. Repeat similarly.

Nux Vomica, for congestive headaches, from deranged digestion; after coffee, stimulants, violent excitement, etc.; in females of a muscular and vigorous habit of body; inclined to constipation and piles.

DOSE.—Same as for *China*. Repeat after an interval of four or six hours.

Pulsatilla, in the sick nervous headaches of hysterical females; of gentle disposition, and, in short, possessed of the *Pulsatilla* temperament; especially if the immediately exciting cause be the eating of indigestible fat meat or pastry.

DOSE.—Same as for *China*. Repeat after an interval of four or six hours.

Sulphur, in chronic cases of hysteria, with a violent rush of blood to the head; pulsation of all the arteries of the head; sudden vertigo; confusion in the head, with an involuntary motion of the bowels, afterwards perspiration and relief.

DOSE.—Same as for *China*. Repeat every morning and evening for three or four days.

PART III.

DISEASES OF THE SKIN.

ABSCESS.

AN abscess is a collection of purulent matter (*i.e.* pus) in any part of the body. An abscess may be situated in the substance of a bone, or even of the brain. Surgeons divide abscesses into various kinds, as the acute, chronic, hot, and cold, etc. I principally treat here of the first variety, namely, the acute (phlegmonous) abscess, which may be considered the type of this affection.

Causes.—Abscesses are almost always symptomatic of a diseased habit (cachexia) of body, and require professional treatment. An abscess, however, occasionally forms in consequence of some slight accident, and in that case may be successfully treated by the lay homœopathist, where professional aid is not easily attainable.

Symptoms.—There is generally more or less general fever and uneasiness. Locally, there is considerable inflammation and swelling, with throbbing pain; the skin is shining, glistening, and of a dullish purple-red colour. As the abscess approaches maturity, the skin covering it becomes raised at one spot, and becomes paler (rather livid)

and more tense than at other parts. Through this spot the abscess will, if left to itself, discharge its contents.

TREATMENT.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Arsenicum*, *Belladonna*, *Bryonia*, *Carbo Vegetabilis*, *China*, *Hepar Sulphuris*, *Mercurius*, *Silicea*.

Our first object, before matter forms, is to prevent, if possible, its formation; our second, if matter be formed, is to hasten its evacuation. The treatment required is both local and constitutional.

BEFORE PUS HAS FORMED.

Preventive Treatment.—Apply lint soaked in cold water, or in a lotion of the internal remedy. *Aconite*, *Arnica*, *Belladonna*, and *Bryonia* are the best local remedies.

LOTION.—Five to sixty drops of the strong tincture in a gill of water.

Medicinal Treatment.—To prevent the formation of matter, and to disperse the swelling, the two perhaps most useful remedies are *Belladonna* and *Mercurius*.

Belladonna.—In cases where the surface is swollen, red, inflamed, shining, and tender to the touch.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours.

Mercurius.—Where the abscess threatens in, or near to, a gland. The skin is disposed to ulcerate.

DOSE.—Same as for *Belladonna*. Repeat every four or six hours.

AFTER PUS HAS FORMED.

Local Treatment.—A hot bread-and-water poultice should be kept continually applied to the abscess, both before the discharge of its contents, and afterwards as long as any puriform matter escapes.

Hep. Sulph.—Drop ten to fifteen drops of the tincture on each poultice.

I have seen the suppurative process greatly accelerated by the employment of the second decimal trituration of *Hepar Sulph.* in place of the tincture. It has, however, the disadvantage of greatly increasing the severe drawing pains so generally present.

If, however, it be employed, sprinkle as much as would cover a shilling (more or less, according to the size of the tumour) upon the surface of the poultice.

Medicinal Treatment.—The principal remedies are *Hepar Sulph.*, *Arsenicum*, *Carbo Vegetabilis*, *China*.

Hepar Sulphuris.—This remedy is sufficient if the abscess and the discharge preserve a healthy aspect.

Dose.—Same as for *Belladonna*. Repeat every four hours.

Arsenicum.—Where the abscess has not a healthy aspect. The surface around the orifice assumes a dark, almost black, and congested appearance; and the pus is tinged with blood. There is more or less burning present.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in four tablespoonfuls of water, and take one tablespoonful for a dose. Repeat every four or six hours.

Carbo Vegetabilis.—In cases where the patient has previously taken too much *Mercury*. There is very great burning pain, and the discharge is acrid, corrosive, and bloody.

DOSE.—Same as for *Arsenicum*. Repeat in a like manner.

China is indicated in cases where the patient is greatly debilitated by a profuse discharge from a large abscess, as of a joint.

DOSE.—Same as for *Belladonna*. Repeat every alternate three hours with *Hepar Sulphuris*.

Silicea is useful in some cases of *Whitlow*.

Diet and Hygiene.—This is the same as that for fever (see “Fever”), until matter forms. At a later period, whilst the abscess is discharging, a generous, at the same time not a too stimulating, diet is to be recommended.

BOILS.

Symptoms.—Boils are round, conical-shaped, hard tumours, with considerable inflammation, especially at and round their bases. They slowly inflame, get larger, and soften at their summits, from which, suppuration having sufficiently advanced, matter (pus), at first bloody, is discharged. In the centre of an open boil is seen a cellular mass, called the core. Matter continues to be

secreted until the hardened base of the tumour becomes soft, and the core is discharged.

Boils, in individuals affected with what is usually termed *rude* health, generally form in sequences of four, five, or six. Boils vary greatly in size, and in the severity of the accompanying symptoms in different cases. The malignant boil (carbuncle) is not treated of in this place, as it requires skilful homœopathic surgical treatment.

Causes.—Boils are to be considered symptomatic of a deranged state of the system, and not, *per se*, as of themselves a disease. They occur principally as the result of deficient or unsuitable and not easily assimilated or digested food, continued for a sufficient length of time to affect the system, and they occur critically in several fevers, eruptions, etc. The young and growing of both sexes are peculiarly liable to be affected with these troublesome and painful suppurating tumours.

TREATMENT.

Diet and Hygiene.—The diet should be, in the first stage—that of inflammation—light and unstimulating; in the second—that of suppuration—it should be more generous, and animal food ought to be taken in moderation. All individuals who suffer from this habit of body should pay great attention to the daily exercise of the body, and to the use of the cold bath (see article "*Hygiene*").

Local Treatment.—Boils of any size invariably

require, and are greatly hastened by, poulticing, if suppuration threaten or matter form, and if no reasonable doubt exist as to the nature of the tumour. The reader should bear in mind that every small tumour is not a boil, although he is unable at first to distinguish it from one. A bread-and-water poultice is the best for all cases that allow of domestic treatment. A few drops (five to ten) of *Hepar Sulphuris* or *Arsenicum* (if either be administered internally) should be let fall on the poultice previous to its application. The poultice should be renewed as often as it gets cold; to prevent which as long as possible it should be covered with oiled silk, and, over all, two or three folds of dry flannel.

Remedies. — *Aconitum Napellus*, *Antimonium Crudum*, *Arnica Montana*, *Arsenicum Album*, *Belladonna*, *Hepar Sulphuris*, *Sulphur*.

Aconitum Napellus, at the commencement, when the swelling is first noticed, and there is a good deal of local inflammation, accompanied by general inflammatory action.

DOSE.—Three globules, two pilules, or one drop of the tincture in a tablespoonful of water. Repeat every three hours, until the febrile symptoms have abated.

Antimonium Crudum is not ordinarily given for boils, and it is not in fact suited to this kind of tumour. *Ant. Crud.* is, however, suited to small tubercles, sparsely scattered over (generally) the face, having inflamed bases and pustular summits.

There should co-exist with their appearance a deranged state of the stomach indicating this remedy. (See the article on *Antimonium Crudum* in the *Materia Medica*, subdivision,—*Digestive Function*).

DOSE.—See *Arnica Montana*. Repeat thrice daily for a week.

Arnica Montana is homœopathic to most of the symptoms accompanying the growth of a boil,—these are, its bruised, sore, and tender feeling, its colour, and its appearance. Gastric symptoms, indicating *Arsenica*, are an additional manifestation.

DOSE.—Three globules, two pilules, or one drop of the tincture in a tablespoonful of water. Repeat every four or six hours.

Arsenicum for boils which assume an unhealthy, bluish, even blackish, appearance, with burning pain. The discharge is unhealthy, thin, sanious, offensive, and sometimes bloody, in place of being yellow, thick, and inoffensive—in fact, healthy.

DOSE.—Same as for *Arnica*. Repeat every four or six hours.

Belladonna, for boils with considerable surrounding inflammatory, erysipelatous-looking swelling; which latter is red, dry, hot, shining and itching, and very painful.

DOSE.—See *Arnica*. Repeat every five or six hours.

Hepar Sulphuris, for boils which ripen slowly—*i.e.* come to maturity, discharge their contents. *Hepar Sulphuris* should be administered as soon as suppuration takes place.

DOSE.—See *Arnica*. Repeat every four hours, or on alternate three hours with *Arsenicum*.

Sulphur, for the disposition to boils, especially in individuals of hæmorrhoidal disposition.

DOSE.—See *Arnica*. To eradicate the predisposition, repeat the dose every other day for a fortnight, then every third day for another fourteen days.

CHILBLAINS.

Causes.—Chilblains are caused by continued exposure to cold lowering the vitality of the part affected. The parts possessed of least vital energy, by reason of their distance from the centre of circulation, namely, the fingers and toes, are chiefly affected by chilblains. Children and adults of low vital powers of reaction are especially liable to them.

Symptoms.—The amount of annoyance and pain experienced, depends upon the state of the skin, whether it is broken (ulcerated) or not. If the surface be unbroken, the chilblain is extremely troublesome and irritating, on account of the itching and burning; if, however, it be broken, it is not only an annoyance, but a painful complaint, often difficult of cure. The part affected is of a bluish-crimson colour, and it itches excessively, especially when warm.

TREATMENT.

Diet and Hygiene.—Avoid stimulants, pork, and all fat food. It is well to remember that it is

easier to prevent than to cure this troublesome and very painful affection. If predisposed to chilblains, wear flannel socks and thick-soled boots; take plenty of outdoor, active, walking exercise. Avoid extremes of heat and cold—a stone floor and a fender.

Local Treatment.—If the skin be broken, apply a warm bread-and-water poultice, or a piece of lint, covered externally with oiled silk, wet with a lotion of the remedy taken internally. Do not put your feet on the fender.

Directions for the preparation of the lotion, in the case of each medicine prescribed, and for the medication of the poultice, are given below under the head of "*Medicinal Treatment.*" *Arnica*, *Belladonna*, and *Rhus Toxicodendron*, are each employed in the form of the concentrated (matrix) tincture; *Cantharides*, in the second decimal dilution; and the other remedies, in the form in which they are recommended for internal use.

MEDICINAL TREATMENT.

Remedies.—*Arnica Montana*, *Arsenicum*, *Belladonna*, *Cantharis*, *Carbo Vegetabilis*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*, *Sulphur*.

Arnica Montana is indicated, if the swelling be hard, shining, itching, and burning, and if it has been much pressed upon. Do not use *Arnica* if the skin be broken.

DOSE.—Take three globules, or two pilules, or one drop of

the tincture, in a tablespoonful of water, for a dose. Repeat every four hours.

LOTION.—Drop fifteen drops of the concentrated (*matrix*) tincture into a tablespoonful of water.

POULTICE.—Let fall five drops of the tincture on to the poultice.

Arsenicum is indicated if the chilblain be broken, and if there be an extremely painful, stinging, and burning ulceration, difficult to heal. In individuals of emaciated frame and weakly constitution. See, further, *Carbo Vegetabilis*.

DOSE.—Take three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, for a dose. Repeat every six hours.

LOTION.—Twelve drops in a tablespoonful of water. Employ the tincture which is taken internally.

POULTICE.—Let fall five drops of the above-mentioned tincture on the poultice.

Belladonna, if the swelling increase, notwithstanding the use of *Arnica*, and appear of a bluish red colour.

DOSE.—Take three globules, or two pilules, or one drop of the tincture in a tablespoonful of water, for a dose. Repeat every four hours.

LOTION.—Drop ten drops of the concentrated (*matrix*) tincture in a tablespoonful of water.

POULTICE.—Let fall four drops of the *matrix* tincture on to the poultice.

Cantharis, for erysipelatous-looking inflammation, with excessive burning pain, and the formation of blisters containing serum. Any difficulty in the

passage of the urine is an additional indication for this remedy.

DOSE.—Same as for *Arsenicum*. Repeat every four hours.

LOTION AND POULTICE. — Prepare similarly to *Arsenicum*. Employ the second dilution, if it be available, otherwise the tincture for internal use.

Carbo Vegetabilis, for chilblains, with burning ulceration. The toes are swollen and red, as though they were frozen. *Carbo Veg.* may be alternated with *Arsenicum*, if the reader cannot determine between the two. See, further, their respective articles in the "*Materia Medica*."

DOSE.—Same as for *Arsenicum*. Repeat in a like manner.

LOTION AND POULTICE.—See *Arsenicum*.

Nux Vomica, for chilblains with burning itching, or with bleeding cracks. The fingers are red and swollen, with burning itching in mild weather. The itching is increased by warmth. The temperament, and the state of the digestion and bowels of the patient, should correspond with those indicative of *Nux Vomica*.

DOSE.—Same as for *Arnica Montana*. Repeat every four hours.

LOTION AND POULTICE.—See *Arsenicum*.

Pulsatilla, for itching tingling chilblains, on the fingers and toes, as though they were partly frozen. The swellings are of a reddish-blue colour, burning hot, and pulsating. The pains come on or are worse in the evening and towards night. *Pulsatilla* is not indicated unless the digestive symptoms, and

the complexion and disposition of the patient correspond to its medicinal action. (See, further, "*Materia Medica.*")

DOSE.—See *Arnica Montana*. Repeat every four hours.

LOTION OR POULTICE.—See *Arsenicum*.

Rhus Toxicodendron, for red, inflamed, burning, tingling, itching, chilblains, with vesicles, and with pain in the neighbouring joints on first moving them.

DOSE.—Take three globules or two pilules, or one drop of the tincture, in a tablespoonful of water, for a dose. Repeat every four hours.

LOTION.—Drop five to eight drops of the concentrated (*matrix*) tincture of *Rhus Tox.* in a tablespoonful of water.

POULTICE.—Let fall three drops of the *matrix* tincture on the poultice.

Sulphur, in cases where other remedies (especially *Nux Vomica*,) have failed to relieve. The chilblains itch excessively, and are much more troublesome in the warmth.

DOSE.—See *Arnica Montana*. Repeat after an interval of six hours, two or three times, and then return to the previously administered remedy, or choose another.

LOTION.—See *Arsenicum*. Employ the tincture which is used internally.

POULTICE.—See *Arsenicum*.

WARTS.

(*Verruca, Sycosis, Condylomata.*)

General Remarks.—All the above varieties are usually called warts, although they are, in reality, very different, both in their nature and appearance, and origin.

Characteristics.—The true wart (*verruca*) is overgrowth, so common in childhood upon the hands, of the papillæ of the skin, and which is covered with layers of condensed hardened cuticle. This is the only kind adapted to domestic practice ; and in cases where the crop is large, it, even then, is not amenable to such treatment, but will require the skill of the professional homœopathist.

Condylomata, whether cauliflower-shaped or not, are most commonly met with about the sexual organs and anus. They are usually of venereal origin, and then require a very careful *course* of constitutional treatment for their eradication.

Causes.—The most common cause, is a constitutional habit of body predisposing the patient to these tubercular growths, and, at the same time, a bad or insufficient diet, and exposure to cold and wet. The syphilitic origin of the cauliflower-shaped variety has been already alluded to.

TREATMENT.

Diet and Hygiene.—This is sufficiently obvious. It should be plain and nutritious, and, as a rule, non-stimulating. In the case of children at boarding schools, it is necessary to inquire concerning their dietary; and, if it be a bad one, to remove the patient.

Plenty of out-door exercise should be taken; carefully guarding, however, the patient against inclement weather. I have seen good result, in intractable cases, from the administration of cod-liver oil.

Local Treatment.—The tincture of the internally administered remedy should be applied, locally, to the warts. I am convinced that, in the majority of cases, the local application greatly facilitates the eradication of these tubercular growths. The required strength, of the locally applied remedy, is mentioned in each instance.

Remedies.—*Acidum Nitricum*, *Antimonium Crudum*, *Arsenicum*, *Aurum Muriaticum*,* *Lycopodium*, *Mercurius Solubilis*, *Mercurius Corrosivus*,* *Rhus Toxicodendron*, *Sabina*,* *Sulphur*, *Thuja*.

* The remedies marked with an asterisk are not among the forty-five in the list at the beginning of this work. These and a few others, similarly marked elsewhere, are given in the list following that above mentioned,—as the “*Additional Homœopathic Remedies*.” These latter remedies are *seldom, or scarcely ever*, required in domestic practice. They can be obtained with, or separately from, the more common remedies.

Acidum Nitricum is only indicated in the case of condylomatous growths of syphilitic origin. In such cases, if homœopathic surgical advice be absolutely unobtainable, *Ac. Nitr.* may be tried for a week or ten days; if benefit result, its use may be persevered with.

DOSE.—One drop of the tincture, three globules, or two pilules, in a little pure water, three times a-day.

Antimonium Crudum is suited to that tubercular eruption met with upon hairy portions of the face, and which is known as *Mentagra*, or *Sycosis menti*. See the articles on "*Leprosy*" and "*Elephantiasis*," in the Appendix.*

DOSE.—Same as for *Acidum Nitricum*.

Arsenicum is not required for simple warty growths. It is, however, the most important remedy in *Leprosy* (see "*Leprosy*," in the Appendix),* the thick scaly patches of which are not unfrequently mistaken by their possessors for warts.

DOSE.—See the article on "*Leprosy*."

Aurum Muriaticum,† like *Acidum Nitricum*, cures some cases of syphilitic origin. It may be tried in similar cases, and under like circumstances, to that remedy.

DOSE.—See *Acidum Nitricum*.

Local Application.—Moisten the growths with the strong tincture of this salt.

Lycopodium may be employed, like *Antimonium*

* "*Appendix*" to the "*Homœopathic Family Instructor*," on the "*Diseases of the British Possessions*," 102 pages, by Richard Epps, Surgeon.

† See "*Note*," page 160.

Crudum, in *Mentagra* (barber's itch), if homœopathic surgical advice cannot be obtained. It may follow that remedy, or be alternated with it.

DOSE.—Same as for *Ac. Nitricum*. Repeat similarly; or on alternate four hours, with *Antimonium Crudum*.

Mercurius Solubilis, or some other preparation of mercury, is the best remedy for the cure of syphilitic condylomata, if mercury has not been previously exhibited by an allopathist, in massive doses. See the remarks, above, under *Acidum Nitricum*.

DOSE.—See *Acidum Nitricum*.

*Mercurius Corrosivus** is to be preferred to the above-mentioned mercurial preparation in some cases. It has the advantage over the last-named form, that it can be applied massively, in solution, to the condylomata.

DOSE.—See *Acidum Nitricum*.

Local Application.—Moisten the *condylomata*, twice daily, with the second centesimal solution of this salt.

Rhus Toxicodendron is a good remedy for common *warts*. It may be used, either alone or in alternation, with *Thuja*.

DOSE.—See *Acidum Nitricum*.

Local Application.—Moisten each wart with the strong (matrix) tincture, three times daily.

*Sabina** has proved effective in cases where both *Rhus Tox.* and *Thuja* have failed.

DOSE.—Same as for *Acidum Nitricum*.

Local Application.—Moisten the warts with the strong (matrix) tincture, thrice daily.

* See "Note," page 160.

Sulphur is recommended by many homœopathic practitioners, in cases where the patient has a strong hereditary predisposition to these growths.

Thuja is, perhaps, the best remedy for these growths. It cures not only the common warts, but the cauliflower condylomata.

It requires a local application, as well as internal administration.

DOSE.—(*Internal Administration.*) Same as for *Ac. Nitricum*. Repeat every four or five hours.

Local Application.—Moisten the surface of the wart with one or two drops of the *matrix* tincture of *Thuja*. Apply the tincture with a camel's-hair pencil, three times daily.

CORNS.

FEW individuals can claim complete exemption from these, so-called, minor causes of suffering. When not pressed upon, corns cause little, if any, pain. There are two kinds of corns, namely, the hard and the soft. The hard come on the external parts of the feet, especially on the outer side of the joint of the little toe; the pressure, it causes to the subjacent parts, produces a good deal of pain. Soft corns grow between the toes; they are caused by the wearing of narrow-pointed shoes, pressing one toe against the other. Corns so placed are soft by reason of the constant secretion of the parts; they are generally more tender than hard corns.

TREATMENT.

Preventive Treatment.—Wear broad-toed boots or shoes.

Local Treatment.—Wash and soak the feet in warm arnicated water every night; next pare down the corn, and then place over it an arnicated corn-plaster. The hole in the corn-plaster prevents pressure being made directly on to the corn. Do not cut the corn until blood comes; if, however, the corn should unfortunately bleed, elevate the foot above the level of the seat, and strap up the corn with arnica plaster.

Directions for the Arnicated Foot-bath.—Put a teaspoonful of the *Tincture of Arnica* into the foot-bath. Keep the feet in the bath for from ten to fifteen minutes, and keep adding, every three minutes, fresh hot water to that in the bath.

Soft corns, being between the toes, are not conveniently situated for the application of corn-plasters. Relief is afforded, in these cases, by the insertion of cotton wool between the opposed toes, keeping off the pressure of the opposite toe from the corn. Soft corns, after carefully paring them down, should be bathed with the under-mentioned lotion.

LOTION FOR EXTERNAL APPLICATION.—Ten drops of the concentrated *Tincture of Arnica* in a tablespoonful of water. Many individuals, not susceptible to the erysipelatous action of *Arnica*, employ a much stronger lotion, even to the extent of—half tincture, half water.

ITCH.

(*Scabies Psora.*)

General Remarks.—No disease, perhaps, excites a more lively and wide-spread feeling of disgust, than the one now under consideration. This is so for the reason, that the itch is peculiarly liable to be generated by, and to affect, individuals of dirty, personal habits. The itch is not, however, by any means a proof of the dirty habits of the person affected; for it, being a very contagious disease, may be contracted by the most cleanly, if the latter are exposed to its influence. That it is a very contagious complaint there can exist no doubt; at the same time, it is a question if it be more contagious (or even so much so) than *scald-head*, and some other skin affections. This is the disease that has such a high position assigned to it in the illustrious Hahnemann's law of chronic diseases. I shall confine myself, in this article, to a description of the symptoms, and of the best practicable treatment of this disease; avoiding all reference to the *psora theory* above mentioned, as unsuited to the scope of the present work.

Causes.—Certain trades are particularly liable to itch, especially those of—tailors, weavers, and others, who are in habitual contact with wool, in any or all of its stages of manufacture. Another class of men especially liable to be affected are

grocers, and others, who frequently *handle* sugar. It is so common among these latter that it has received the name of "*Grocer's Itch.*" The cotton swabs, used for wiping machinery, get covered with grease, and, if kept for a certain length of time, are capable of propagating the itch. Leaving the above-mentioned theory on one side, there is no doubt that the almost universal cause of this disease is contact with another person similarly affected. A proof of the truth of this opinion, is the fact that itch is first seen upon those parts which are the most liable to contact; these are, in adults, the hands and wrists, and the thighs and buttocks (these last are exposed to the danger of a foul closet-seat); in infants, the breech and the belly and groins are especially exposed to the disease, in case of the hands and wrists of the nurse-maid being affected. The itch principally affects the clefts of the fingers, and the anterior and inner surfaces of the body, arms, and legs. It is very seldom seen at all upon the external surfaces of the limbs, and never upon the face.

Characteristics.—The name of this skin disease is almost a household word, and it has been so in long bygone times. It is, however, often very difficult of identification, and in many cases it is altogether so by the ordinary attendant, as well as by the lay-homœopathist. This is so for the reason, that the true or simple itch is now seldom met with in private practice; the much greater cleanliness, both as regards ablution of the entire body

and the wearing of frequently-changed linen under-clothing, in place of the woollen and leathern garments of the middle ages, now practised, being unfavourable to its propagation. It is generally obscured by the eczematous state of the skin, which is commonly present after the very early stage has been passed through.

The true itch is an eruption of minute vesicles ; these appear chiefly upon the parts already mentioned. These vesicles are pointed, and are filled with transparent serous liquid. The itching, and the desire to scratch, is extreme, and an almost voluptuous pleasure is experienced in scratching the parts. Scratching is commonly done to the extent of scarification. The itching is worse towards night, and when warm in bed. The pustular is a common form of this complaint, and often succeeds to the vesicular variety.

TREATMENT.

It is now generally admitted by the homœopathic profession that itch cannot be cured by internal medicinal treatment alone. That this is the case with the *usually-described* itch-specific—*Sulphur*—is, I believe, almost established. I feel bound to add, however, that I have found the two remedies recommended by Dr Teste successful, without any external application whatever ; this happened to me in a case where the whole family (with the exception of the father) had contracted the disease, and

had been already so affected for five or six weeks. These two remedies are the *Croton Tiglium** and the *Lobelia Inflata*.* I employed a tincture of the first named and the mother-tincture of the latter. I would not, however, recommend the reader to so use these remedies, as they are both poisons, and croton oil is a violent drastic purgative. The following are the directions given by Dr Teste for the administration of these remedies :—*

“*Lobelia*,* at the sixth dilution, should be given in water, of which the patient will take three teaspoonfuls the first day.

“*Croton Tiglium*,* of the twelfth dilution, should be administered, the next day, in the same manner.

“The third day, we should return to the *Lobelia*, the fourth to *Croton*, etc.”

It may be advisable to give here, the ordinary treatment recommended by homœopathic writers ; and, lastly, that which has been most successful in the practice of the author.

Dr Jahr, in his manual,† (the work perhaps most used by the homœopathic profession,) gives the following directions for the treatment :—

“For the *Dry* or *Miliary* itch, the treatment may be commenced by the administration of *Merc.* and *Sulph.* alternately every four, six, or eight days, until an amelioration or change in the symptoms

* *Crot. Tig.* and *Lob. Infl.* are not among the remedies tabulated in this work. They can be obtained separately of a homœopathic chemist. See “*Note*,” page 160.

† *Hull's Jahr*, p. 94.

takes place. In case of amelioration, nothing further should be done as long as it continues; but should it cease, or a change of symptoms take place, another medicine must be given. *Carb. Veg.* or *Hep.* will be generally found most suitable, if the disease have retained the miliary form, or *Caust.* if pustules have made their appearance. The remaining symptoms, which sometimes continue after *Carb. Veg.* or *Hep.*, often yield to *Sep.* or *Veratr.*

“For *Humid* or *Pustular* scabies, *Sulph.* and *Lyc.* may be given alternately in the first instance, at intervals of four, six, or eight days. In the event of subsequent amelioration, especially when the scabies becomes drier, *Carb. Veg.* or *Merc.* is most frequently indicated. But if neither *Sulph.* or *Lyc.* produce any change within fifteen or twenty days, or if the pustules become very large, it will be proper to have recourse to *Caust.*, of which two, three, or four doses may be given according to circumstances, the second dose to be administered twelve hours after the first, the third twenty-four hours after the second, the fourth forty-eight hours after the third, and so on. If at the end of three days after the fourth dose, no change should appear, some doses of *Merc.* may then be administered, at intervals of forty-eight hours.”

Such is the treatment recommended by *Jahr.* It is noticeable that no external treatment is mentioned in the above. Its chief fault is its essentially non-practical character; that is to say, it does not

sufficiently take the patient into consideration. To carry it out, the patient must be much more accommodating than I have usually found to be the case. To talk of a course of treatment for the itch, extending over a period of many weeks, even if successful in the end, is enough to drive most patients so afflicted altogether away from the proponent, and to the employment (generally attended by evil consequences,—either by an internal, or an intractable skin disease) of a purely external system of treatment.

In my own practice, my treatment of this disease has been attended with very considerable success.

I have generally found three remedies sufficient for the cure of the itch, namely,—*Sulphur*, *Arsenicum*, and *Mercurius Sol. Hah.* In some cases I have employed *Mercurius Corrosivus* in place of *Merc. Sol. H.*

Sulphur, at an early stage, and if the disease has not been already mismanaged by its empirical application. I have employed the first, second, and third decimal triturations in recent cases; however, in cases of long standing, I have sometimes found the higher attenuations (sixth, twelfth, and eighteenth) more effective.

DOSE.—Two or three grains, morning, noon, and night. Repeat for a week, if professional aid cannot be obtained.

Mercurius Sol. H. may be given intercurrently with, or after *Sulphur*, especially in the dry variety of itch. It may be given in alternate doses with

Sulphur, at intervals of four or six hours; or on alternate days, with that remedy.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. In some cases the trituration (3d) is a better form. Give one or two grains for a dose. It should be repeated on alternate three, four, or six hours, with *Sulphur*; or morning, noon, and night, on each alternate day.

Arsenicum is required in many old standing cases of skin disease, with intense burning.

Carbo Veg. is to be preferred in some cases.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water; morning, noon, and night. Repeat for seven or ten days.

EXTERNAL APPLICATION OF SULPHUR.

Sulphur may be externally used with safety, if it be simultaneously exhibited internally, and if it be in homœopathic relationship with the disease. It is used by homœopathsists as a lotion or as an ointment.

The Lotion may be prepared by the addition of five-and-twenty drops of the mother-tincture of *Sulphur* to four tablespoonfuls of tepid water. It should be applied with a rag to the parts affected, every night and morning (for a week), after they have been well washed with soap and water.

The Ointment should consist of pure spermaceti ointment and of the *first decimal* trituration of *Sulphur*, well incorporated (rubbed up) together;—in the proportion of two ounces of the *Spermaceti* ointment to a drachm of the *Sulphur* powder. Apply it the same as the lotion, either by gentle friction or spread upon strips of rag.

I prefer to use, however, in cases where a large surface is not affected, a lotion composed of the *mother-tincture* of *Sulphur* (twelve drops) and glycerine (one ounce). Applied morning and night, after well washing the parts with soap and water. It is necessary in some cases to mix the glycerine with its own bulk of water.

PRECAUTIONARY TREATMENT.

Isolate the patient as much as possible; this applies to his clothes, brushes, and everything that he uses.

Diet.—This is to be the usual homœopathic diet. Especially avoid salt meats, stimulants, and all heating condiments.

Clothing.—The safest plan is to destroy all the clothes that have been worn during an attack of *itch*. If this, however, be not practicable, they should be well baked.

Cod-liver Oil may be administered advantageously in cases where the patient is emaciated and weakened by bad living, bad air, etc.

MILK CRUST.

THIS eruption generally attacks children during the periods of suckling and dentition. It is not a dangerous complaint, the child in other respects remaining healthy; it is often, however, very

difficult to cure, requiring, in common with other chronic eruptions, skilful treatment.

Symptoms.—This eruption appears in the form of yellowish vesicles, or pustules, on the face, arranged in clusters; the surrounding skin is red, swollen, and inflamed. The pustules subsequently burst, and the thick yellowish matter, then set free, dries up into yellowish or greenish yellow crusts, from beneath the edges of which matter oozes. This eruption slowly extends if neglected, and may at last affect the greater portion of the face, excepting the nose. The itching of the part affected is often intolerable, especially in cases where the eruption covers a large surface; if it be scratched it bleeds.

TREATMENT.

Diet and Local Treatment.—The mother, if suckling, should strictly abstain from stimulants and all heating condiments. If the child be weaned, his diet should be light and simply nutritious.

The surrounding parts are to be kept perfectly clean. Local applications are as a rule injurious, excepting the employment of a little glycerine or fresh cream, to allay the itching.*

MEDICINAL TREATMENT.

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Calcareo Carbonica*, *Cicuta Virosa*, *Dulcamara*, *Lyc-*

* This chiefly applies to allopathic ointments. A solution of the homœopathic remedy, taken at the same time inwardly, is applied locally by many homœopaths.

podium, Mercurius, Rhus Toxicodendron, Sulphur, Viola Tricolor.

Aconitum Napellus should be given at an early period, or as an intercurrent remedy, if the child be very restless, and if there be a good deal of heat, redness, and swelling of the affected part.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, and give one or two teaspoonfuls of the mixture for a dose. Repeat after an interval of four or six hours, if required.

Arsenicum is a valuable remedy in very bad cases of this eruption. The burning pain in the sore is excessive, which is of a very unhealthy (even gangrenous-looking) character. The discharge may be thin, offensive-smelling, and bloody. The little patient is greatly debilitated (a not usual concomitant of this affection), his digestive system is disarranged, and he is affected by the low type of fever indicative of this remedy and of *Rhus Toxicodendron*. In very bad cases, where professional homœopathic skill is not obtainable, these two remedies may be alternated, if the reader be unable to choose between them.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water. Give one or two teaspoonfuls of this mixture for a dose. Repeat, morning, noon, and night, if there be any amelioration within three or four days. If *Arsenicum* be alternated with *Rhus Toxicodendron*, every other four hours.

Calcareo Carbonica, as an intermediate remedy, and in cases of long standing. This remedy is to be preferred to *Sulphur* if the little patient be of

fair complexion, have a very fine, delicate skin, have enlarged glands, and be very plump; it is for these reasons, especially, adapted to female children, and to that class of cases requiring generally this remedy, *Belladonna*, or *Pulsatilla*.

DOSE.—Same as for *Arsenicum*. Repeat morning and evening, every day for a week, and wait for four days. If there be then any improvement, repeat this course of medicine.

Cicuta Virosa, for a thick, scurfy, honey-like, eruption on the chin, upper lip, and lower part of the cheeks, and scurfs on the nose, and corrosive watery dampness of the parts. In addition, the glands under the lower jaw may be enlarged.

DOSE.—See *Aconitum Napellus*. Repeat morning, noon, and night, for a week; if improvement take place and the appearance of the sore still indicate this remedy.

Dulcamara is a useful remedy for certain forms of *milk crust*, as it is for similar ones of *ringworm*, where its correlative symptoms are present. The eruption may affect any part of the face,—whether the forehead, face, or chin, or all of them. The scabs, or crusts, are thick, and of a yellow or brownish colour. The face bleeds when scratched.

DOSE.—Same as for *Aconite*. Repeat every six hours.

Lycopodium may be required in certain forms of this affection, in a similar manner to *Calcareo Carbonica*. Cases, however, requiring *Lycopodium* are of too great difficulty for domestic treatment.

DOSE.—See *Arsenicum*. Repeat in like manner to *Calcareo Carbonica*.

Mercurius.—This remedy is required in that large class of cases where the eruption is merely a local evidence of a syphilitic taint in the system. These cases are also beyond domestic treatment.

DOSE.—See *Arsenicum*.

Rhus Toxicodendron is indicated in this disease, in common with others of a similar type.

DOSE.—See *Arsenicum*. Repeat in like manner, or on alternate four or five hours with that remedy.

Sulphur, for many obstinate cases of this affection, which have resisted more directly indicated remedies. It may be advisable to give *Sulphur* as an intermediate remedy.

DOSE.—See *Arsenicum*. Repeat the same as for *Calcarea Carb*.

Viola Tricolor is very efficacious if there be burning itching, especially at night, and if, in addition to the eruption, the infant's urine be clouded, and have a strong offensive odour, resembling that of cats.

DOSE.—Dissolve four globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give one or two teaspoonfuls for a dose. Repeat every four hours.

PIMPLES.

General Remarks.—Pimples appear upon all parts of the body; they are, however, most common upon the forehead and face.

These minute tumours are hard, somewhat raised

above the skin, and painful; afterwards matter forms under a vesicle upon the summit of the pimple, and dries up if it be left alone and be not squeezed out by the patient.

Causes.—Individuals of sanguine, bilious temperament, and of weak digestion, are predisposed to these little tumours. Too good and rich living, indigestible food, indulgence in stimulants, and reading during, and working immediately after, dinner, are all predisposing causes.

TREATMENT.

Diet and Hygiene.—The diet is to be simply nutritious and not too stimulating. The meals are to be taken at regular intervals. Regular out-of-door exercise is essential to the correction of the habit of body favourable to the development of these pustules. The reader will find full advice concerning diet, etc., suited to the correction of this complaint in the articles on "*Indigestion*" and "*Constipation*."

Remedies.—*Aconitum Napellus*, *Antimonium Crudum*, *Arnica Montana*, *Arsenicum*, *Belladonna*, *Dulcamara*, *Hepar Sulphuris*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

Aconitum Napellus, if there be much inflammation of the pimples, which are extremely tender to any pressure, as to that of the hat.

Dose.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat every four hours; or on alternate three hours with any other indicated remedy.

Antimonium Crudum is indicated by the appearance of pustular pimples, in cases where the deranged state of the digestive function points to this remedy. In the weak and debilitated. Grog-blossoms. Sallow, dirty complexion; foul and coated tongue, and very offensive breath; insipid or foul water-brash; offensive eructations; tendency to diarrhoea.

DOSE.—Same as for *Aconite*. Repeat morning, noon, and night.

Arnica Montana, for pimples, surrounded with an inflammatory, erysipelatous-looking blush; the pimples resemble in appearance a collection of small boils; a bruised feeling of the parts constitutes an additional indication. The abdominal symptoms, eructations, diarrhoea, etc., should correspond to the symptoms of *Arnica*. See, further, "*Materia Medica*," article "*Arnica Montana*."

DOSE.—See *Aconite*. Repeat every six hours.

Arsenicum is indicated if the pimples have an unhealthy appearance, accompanied by an intolerable burning, or burning itching pain. In the case of weakly, emaciated individuals.

DOSE.—See *Aconite*. Repeat morning (11 A.M.), and evening (7 P.M.), for three or four days.

Belladonna, in cases where there are the following symptoms,—great surrounding redness, resembling a rash, with swelling and burning of the face, especially about the eyes. In the case of females and children.

DOSE.—Three globules, two pilules, or a drop of the tincture in a dessertspoonful of water. Give one dessertspoonful for a dose every six hours.

Dulcamara, for vesicular pimples in individuals very susceptible to cold, who perspire freely, and who have symptoms of a relaxed digestion.

DOSE.—Same as for *Aconite*. Repeat every six hours.

Hepar Sulphuris, for pimples occurring in individuals possessed of an unhealthy skin; this latter is inclined to chap, and if it be cracked it heals with difficulty. Individuals who have previously taken *Mercury* to the extent of salivation.

DOSE.—Same as for *Aconite*. Repeat morning, noon, and night.

Mercurius is indicated for pimples upon the face, especially on the nose, the tip of which may be swollen and red, and with pains in the bones. These symptoms may arise during a catarrh, or they may have a syphilitic origin.

DOSE.—See *Belladonna*. Repeat after an interval of six hours.

Nux Vomica is the most appropriate remedy in very numerous cases, especially at the commencement, where the pimples are caused by intemperance. The bowels are confined, or perhaps they are, *in this class of cases*, more often irregular, i.e. alternately confined and relaxed.

DOSE.—See *Aconite*. Repeat after an interval of six hours.

Pulsatilla is indicated when the pimples are due to indigestion, caused by eating fat food, pork, pastry, etc.

DOSE.—See *Aconite*. Repeat after an interval of six hours.

Sulphur, in chronic and long-continued cases, where the remedies already described do not suit the case, or cease to afford relief. Also as an intermediate remedy, returning afterwards to that previously given. The symptoms may be said, broadly, to resemble those of *Nux Vomica*.

DOSE.—Same as for *Belladonna*. Take a dose every evening for a week.

SCALD-HEAD.

(*Tinea Capitis*, Ring-worm of the Scalp.)

General Remarks.—This complaint is confined to childhood, and it is among the young highly contagious. It may last for many years, and it more often does so than not with allopathic treatment.

Causes, Immediate.—The most frequent cause is its transmission by means of hair-brushes, pillows, nightcaps, sponges, etc.; anything in fact which has been in contact with the head of a child affected with the eruption.

Causes, Remote.—Scald-head is more frequently met with among the children of the labouring, or rather, of the ill-fed classes. This does not, however, depend upon any predisposition in the class alluded to, to this complaint, but upon the difficulty of keeping an affected child (and his clothes) apart

from others of the same family, living and playing together.

Symptoms.—This very obstinate disease is confined to the hairy scalp of children. Small patches only of the scalp need be affected: this is, however, only so in recent cases, for in long-standing ones no part of the scalp is free. There is generally a good deal of discharge, but this varies in different cases. This discharge is either thick and purulent, or thin and watery. The matter is highly contagious, and very irritating, sufficiently so to cause ulceration of the skin in the neighbouring parts. The scalp is here and there much thickened.

Probable Result.—Scald-head, left to itself to run its course, will last from a few months to several years. The old-system treatment of this affection is chiefly noticeable for its uniform non-success.

TREATMENT.

Diet.—This depends very much, if not altogether, upon the state of the child's health. Emaciated, ill-fed children are greatly benefited by a highly nutritious diet (of meat, especially mutton, gravy, etc.). It may be added that weak, emaciated children, who have suffered from insufficiency of food, of light, and of pure air, are often greatly benefited by the administration of cod-liver oil. If the child be, however, otherwise healthy, a simple nutritious diet is to be enforced.

Hygiene.—Keep the child if possible away from

all other children, and his hair-brushes, comb, caps, etc., by themselves. The child and all his belongings are to be kept scrupulously clean. A change from the close air and confined life of a town to the pure bracing air and out-of-door life of the country and sea-side, is generally productive of great good, especially in the case of town-bred children.

Local Treatment.—The whole head should be kept scrupulously clean, by washing with tepid water and Castile or transparent soap. The hair of and immediately around the affected part should be kept closely clipped with a pair of sharp-pointed scissors. Never cover the head with an oilskin cap.

It may be noticed in this place, that vaccination is not a safe operation for infants affected with scald-head (especially the running or humid variety). This is so for the reason, that the constitutional irritation excited by the vaccine virus is apt to suddenly stop the discharge, and to cause symptoms of compression on the brain.

Remedies. — *Arsenicum Album*, *Dulcamara*, *Graphites*, *Mercurius*, *Rhus Toxicodendron*, *Sulphur*.

Arsenicum Album, for the so-called malignant *Tinea Capitis*. The scabs are thick and dark, and the matter is thin, bloody, and offensive. The hair sticks together and falls out.

Dose.—Dissolve three globules, two pilules, or one drop of

the tincture, in a tablespoonful of water, and give one teaspoonful for a dose, three times a-day. Continue the use of this remedy for twelve days.

Dulcamara, in mild cases, in scrofulous children, with enlarged glands (in the neck).

DOSE.—See *Arsenicum*. Repeat in a similar manner.

Graphites, both for the dry and humid varieties, the skin is ulcerated and bleeding, and is very tender to the touch, especially behind the ears.

DOSE.—Same as for *Arsenicum*. Repeat, morning and evening, daily for ten days.

Mercurius.—This remedy is needed if either parent have any syphilitic taint. The scalp is ulcerated, secreting offensive purulent matter.

DOSE.—See *Arsenicum*. Repeat every six hours.

Rhus Toxicodendron and *Arsenicum* are our two chief remedies. The scalp is much inflamed, and burns and itches. Offensive, yellowish, acrid matter oozes out from under the scabs.

DOSE.—Same as for *Arsenicum*. Repeat every six hours.

Sulphur. — The sphere of usefulness of this remedy in scald-head is chiefly limited to the dry variety, and to its use as an intercurrent remedy, *e.g.* when the remedy given (say *Rhus*) ceases to afford relief, *Sulph.* should be given for a week, after which the *Rhus. Tox.* can be resumed.

DOSE.—Give two globules, or one pilule, in a little water every evening for a week.

WHITLOW.

General Remarks.—There are two varieties of this very painful affection of the fingers, namely, the superficial and the deep ; it is with the former that we have to do in the present article. The deep, or malignant variety, or *felon*, requires the attendance of a homœopathic surgeon.

Causes. — Poisoned wounds, more especially pricks. Female servants and laundresses are more frequently troubled than others with this affection, from washing in water containing soda, having a recent abrasion or prick on one of the fingers. Some individuals are constitutionally prone to whitlow.

Symptoms.—The superficial whitlow occurs immediately beneath the cuticle, generally close to a nail. There is not very much swelling, yet the pain is extremely severe, and, if matter form, it continues until its liberation, keeping the patient awake night after night.

TREATMENT.

External.—At the commencement, before matter forms, dip the finger repeatedly in nearly boiling hot water, or wrap moist clay round it ; its course may often thus be arrested. If matter be present, its formation must be hastened by the application of a hot bread-and-water poultice.

The Poultice, covered over with a piece of oiled silk, should be renewed as often as it gets cold. *Hepar Sulph.* should be applied to the poultice. The poultice must be continued, whilst the abscess discharges, as long as the discharge is purulent. It is almost always advisable to open these abscesses with the lancet, as soon as matter can be distinctly recognised. This is so on account of the great thickness of the skin of the fingers and hands being unfavourable to the early natural escape of the pus, and because the intense pain ceases as soon as the matter escapes.

Medicinal.—The writer, in the great majority of cases of whitlow (not where the bone is involved), finds two remedies sufficient for the cure of this affection. These are—

Arsenicum and Hepar Sulphuris.

These two remedies are best administered in alternation. The *Arsenicum* prevents the inflammation assuming an unhealthy appearance, and the *Hepar Sulphuris* hastens the suppurative process.

Arsenicum. — Before the formation of matter, *Arsenicum* should be administered singly. The affected finger is swollen, painful, and hot, and has a bluish red, or livid look.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat morning, noon, and night; or every alternate four hours with *Hepar Sulphuris*.

Hepar Sulphuris, either in alternation with *Arsenicum* or singly; after the formation of matter, whether the whitlow discharges or not.

DOSE.—Same as for *Arsenicum*. Repeat every alternate four hours with *Arsenicum*; or singly, every six hours.

Additional Remarks. — *Silicea* is a valuable remedy for this affection, in certain cases, in place of one, or both, of the above-mentioned remedies.

See, further, the article on “*Abscess* ;” of which general affection “*Whitlow*” is but a local manifestation.

Individuals constitutionally prone to this painful affection of the fingers should consult a skilful homœopathic practitioner.

PART IV.

FEVERS.—RASHES.

SIMPLE INFLAMMATORY FEVER.

SIMPLE or ephemeral fever is seldom presented to our notice except as the initiatory stage of some other affection—*e.g.* the various rashes (measles, chickenpox, etc.), catarrh of the head and chest, and very many others.

Symptoms.—Chills and flushes of heat in alternation. During the hot stage the skin is hot and dry; pulse quick and bounding; internal burning heat, with excessive thirst during the heats; loss of appetite; confined bowels; tongue foul and dry; the urine dark (approaching to red) and scanty.

TREATMENT.

Diet.—Abstain from meat, coffee, and all stimulants. Drink as much cold water, or toast and water, as is desired; only in small quantities at one time, large draughts of water having a depressing action on the stomach.

Hygiene.—Have a warm hip-bath at bedtime, and remain in the bath about ten minutes. Do not let the water cool, but keep on adding hot water. Drink a glass of cold water whilst in the bath, and

have cold water placed by the bedside to drink whilst perspiring. Be careful not to check the perspiration in any way. In the morning, sponge yourself all over with tepid water.

Remedy.—*Aconitum Napellus*.

Aconitum Napellus is the sovereign remedy for all the above-mentioned symptoms. If, after the fever is subdued, gastric symptoms remain, consult the articles on "*Indigestion*," "*Constipation*," "*Flatulency*," "*Heartburn*," etc.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every three or four hours, according to the severity of the symptoms. *Infants.*—One or two teaspoonfuls of the above mixture.

BRAIN FEVER.—INFLAMMATION OF THE BRAIN.

General Remarks.—No unprofessional homœopathist should undertake the treatment of this very serious affection. The chance of a fatal termination, the obscurity of the symptoms and of the seat of the inflammation, increase materially the danger of a wrong diagnosis and the responsibility. The symptoms and treatment are given to an extent sufficient to enable the reader to recognise and to treat this disease at its commencement, or until the arrival of a competent homœopathic practitioner.

Causes.—Brain fever is generally attendant upon some other disease—*e.g.* a suppressed eruption. Other causes are,—injuries to the brain by blows, a fall on the head, etc.; worms; severe mental affliction; exposure to intense heat (*coup de soleil*); and excessive indulgence in alcoholic liquors.

Symptoms.—The patient complains of continual giddiness (these are often the worst cases); of heaviness and sleepiness; of a feeling of weight in the head; of severe headache; of pulsation (beating) of the head (brain), and giddiness. The pupils of the eyes are either contracted or dilated; there is a strong aversion to light; there may be squinting of one or both eyes; the vision may be distorted, and black specks, or a mist, or strange objects may appear before the eyes. The patient may have noises in the ears; he is often partially deaf, or temporarily so, giving signs of attention when spoken to in a very loud tone of voice; or he may be extremely sensitive to the slightest noise. There is generally a difficulty of speaking, if he be able to do so at all, with distinctness. The fever is high or low, with frequent variations of the pulse; it may be attended with violent or muttering delirium. The bowels are constipated, the urine is dark red and scanty, and, in certain cases, it is passed unconsciously, or it is not passed at all, and requires to be drawn off with a catheter; in others, and the majority of cases, the patient is semi-conscious, and makes signs of his want.

TREATMENT.

Diet.—The patient manifests no desire for food, and none should be given or even offered to him. If he crave for drink, give him cold water, or toast and water.

Local Treatment.—The old system of shaving the head, and the application of pounded ice, or ice and salt to the head, is of little use. If the patient cannot recover without such treatment, he certainly will not with it. Keep the room very quiet, and quite dark.

Remedies.—*Aconitum Napellus*, *Arnica*, *Arsenicum*, *Belladonna*, *Bryonia*, *Helleborus*, *Hyosciamus*, *Lachesis*, *Mercurius*, *Opium*, *Rhus Toxicodendron*, *Stramonium*, *Sulphur*.

Aconitum Napellus, if there be general inflammatory fever. The whole head and brain is affected with acute burning pains, especially in the forehead. The face is flushed, and the eyes are red. The skin is hot and dry. *Delirium*. *Constipation*. Dark-red, scanty urine. These symptoms arise in many cases where the head affection supervenes upon the sudden suppression of diarrhoea, or of a rash; lastly, the above symptoms may be present in the first stage of apoplexy.

DOSES.—Dissolve six globules, four pilules, or two drops of the tincture in four dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat after an interval of three hours. If the patient cannot swallow liquids, give him three globules, or a crushed pilule dry upon the tongue; afterwards moisten his lips with water.

Arnica Montana, in cases where the brain affection is the result of mechanical injury,—e.g. of a blow or a fall on the head. In all those cases in which *Arnica* is indicated, a lotion (of the *strong Arnica tincture* and water) should be applied to the seat of injury; at the same time the remedy is to be taken internally, as recommended below. See, further, the article on “*Falls, Consequences of.*”

DOSE.—Same as for *Aconitum Napellus*. Repeat in like manner.

LOCAL APPLICATION (the Lotion).—Add a teaspoonful of the strong concentrated (homœopathically prepared *) *Arnica Tincture* to half a pint of water. Apply lint, or linen rag, soaked in the lotion, to the injured part, or to the whole head if the injury be of the nature of a concussion of the brain. Renew the application as often as the lint becomes dry.

Arsenicum, for inflammation of the brain (its last stage) in typhus and typhoid fever. The countenance is distressed and terrified; muttering delirium; the tongue is black or brownish, and thickly coated (sordes); emaciation and excessive weakness; cold dry, or cold clammy, skin.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in six *teaspoonfuls* of water, and give one *teaspoonful* for a dose. Repeat after an interval of six hours if professional homœopathic advice cannot be obtained.

Belladonna is indicated in typhus, in cases where the brain symptoms are the prominent ones. The head and face are swollen and bloated; the eyes

* The *Arnica* tincture prepared and sold by old-system chemists is a far weaker and inferior preparation.

are red and prominent, and intolerant of light; the head is very hot, and there is marked pulsation of the arteries of the head and neck. Violent delirium. The patient picks at the bed-clothes.

DOSE.—Same as for *Arsenicum*. Repeat in a similar manner.

Bryonia is only indicated in cases where the brain symptoms are subordinate to others—for example, in typhus, more especially if it be of rheumatic origin.

DOSE.—See *Aconite*. Repeat every four or six hours.

Helleborus, for mania from suppression of the monthly period, and in milk fever. Water upon the brain (*Hydrocephalus*), especially in infants and children; after scarlet fever; during dentition. Pleurisy. In dropsy on the brain of *Helleborus*, the effusion of serous fluid takes place slowly, without convulsions, and the symptoms are—extreme drowsiness, followed by, or alternating with, complete stupor; the mouth is sore; the tongue is aphthous; the urine is scanty and dark; and the bowels are relaxed and slimy. *Helleborus* is more often required for young persons than for adults, infancy being peculiarly liable to effusion on the brain.

DOSE.—*Adults*: Same as for *Arsenicum*. Repeat after a lapse of six hours. *Infants*: A teaspoonful of an adult's dose, or put two globules on the tongue.

Hyosciamus is indicated by the presence of a group of the following symptoms—violent deli-

rium; he is talkative, perhaps unintelligible, and says indecent or profane things; by picking at the bed-clothes; foolish manner; extreme drowsiness; affected vision, objects looking much larger than they really are; squinting; loss of sensibility; the patient appears as if he were intoxicated.

DOSE.—See *Arsenicum*. Repeat in a similar manner.

Lachesis, for dizziness and difficulty of breathing, with the sensation of a ball rising in the throat. Apoplexy. Heart disease. See the "*Materia Medica*."

DOSE.—See *Arsenicum*.

Opium is a most important medicine, because it is suited to many of the worst cases which are met with; these cases are not, fortunately, very common. *Opium* is indicated in apoplexy, in cases where consciousness is entirely gone; the face is bloated, and of a dark-red colour; the eyes are widely dilated, and the breathing is snoring and laboured (stertorous). In *Typhus*, with brain symptoms,—insensibility, dribbling of urine (at the same time that the bladder is full), and constipated bowels.

DOSE.—See *Aconite*. Repeat after an interval of six hours.

Rhus Toxicodendron is indicated in typhus, by a foul taste in the mouth; by a tongue covered with sordes, and with dark-brown, nearly black, mucus; by a sore mouth; by a clammy skin;

and by anxiety, or stupidity, with low delirium and vertigo.

DOSE.—Same as for *Arsenicum*. Repeat in a like manner. If the patient cannot swallow, see *Aconite*.

Stramonium, for violent delirium (mania), with attempts to strike, bite, and kick; excessively talkative delirium; frightful hallucinations; inability to stand; with a feeling of turning round, and dizziness as from intoxication; a desire to escape from the bed; staring, brilliant, maniacal-looking eyes, with dilated pupils. These symptoms may be present in brain fever, in delirium from intemperance, and in typhus. Spasms and convulsions of hysterical females.

DOSE.—Same as for *Arsenicum*. Repeat, if it be necessary, in a like manner.

HAY FEVER.

General Remarks.—The susceptibility of the few individuals predisposed to this malady, appears to arise from an idiosyncrasy of constitution. I have not met with more than twelve persons with such a predisposition, in the course of as many years.

Characteristics.—Different individuals are variously subject to this affection. Some cases are all along of a mild character, and allow of the patient's remaining (during the special season of the year when hay fever is prevalent) at his usual occupation, although he reside away from the sea,

and in a pastoral district. Others, on the approach of the season of their suffering, have to remove to the seaside, or to take a voyage, until the termination of the dangerous period. I knew a gentleman, in practice at Edinburgh as a *W.S.*, many years ago, who every year left Edinburgh for *Portobello* (a neighbouring seaside town), on the approach of *the season*. Unfortunately for himself, this gentleman was not a homœopathist, else he might probably have remained at his post of duty.

TREATMENT.

See the articles on "*Fever*" and "*Influenza*." Consult the pathogeneses of the following remedies, both in the articles referred to and in the "*Materia Medica*," at the end of this work.

Aconite, Arsenicum, Belladonna, Bryonia, Calcareo Carb., Carbo Vegetabilis, China, Euphrasia, Lachesis, Mercurius, Nux Vomica, Pulsatilla, Rhus Toxicodendron, Sulphur.

Of the above-mentioned remedies, *Aconite, Arsenicum*, and *Euphrasia* are the most deserving of attention.*

MILIARY FEVER—RASH.

General Remarks.—This is a vesicular eruption. The vesicles are extremely small, not larger than

* I found a tincture of grass-seed, prepared by Mr James Epps (the homœopathic chemist and publisher), of great use in one case.

small pins heads, or millet seeds, as the name implies, and cause great irritation of the skin. Children are more liable to be affected than adults with this complaint; this is owing to their often being overdressed in warm summer weather. Further, this rash very commonly occurs as a symptom during the progress of some other disease.

Symptoms.—The symptoms preceding the appearance of the rash are those of fever, sometimes having a typhoid aspect. The vesicles appear on or about the fifth day; they are rather irregular as to the time, sometimes appearing at an earlier, and at others at a later period. As already mentioned, there is great irritation of the skin, sore itching or burning, with copious or offensive sweating. Diarrhoea and symptoms of gastric derangement often accompany those already described.

TREATMENT.

Our great object should be to conduct this affection to a successful issue without the striking in of the rash; this latter may produce fatal results,—delirium and convulsions sometimes supervening upon a sudden disappearance of the rash. *Miliaria* seldom appears if proper precautionary measures are adopted,—keeping the child cool, and letting him sleep on a mattress, are the best; if, nevertheless, it comes out, it is during the sweating stage of some other disease.

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Bel-*

ladonna, Bryonia, Calcareo Carbonica, Chamomilla, Coffea, Rhus Toxicodendron, Sulphur.

Aconitum Napellus is indicated in cases where this complaint is uncomplicated with any other affection. Its symptoms are fever, with both internal and external heat; thirst; a diminished secretion of dark and thick urine; great restlessness.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and give one, two, or three teaspoonfuls for a dose, according to the child's age. Repeat every three hours.

Arsenicum is an important remedy for this disease, and is indicated by exhausting diarrhoea, dry burning heat of the skin, and by burning internal heat.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in two dessertspoonfuls of water, and give one or two teaspoonfuls for a dose. Repeat every six hours.

Belladonna.—An occasional dose is to be administered if the brain be affected. The patient is delirious, the face is bloated, and the eyes are inflamed and sparkling. *Belladonna* is generally required for brain symptoms dependent upon a striking in of the rash. See *Bryonia*.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in two tablespoonfuls of water, and give one, two, or three teaspoonfuls for a dose. Repeat every three or four hours.

Bryonia is suited to the miliary rash of lying-in women, and of infants at the breast. It is also

required for the striking in of the rash, but it is advisable, in such a case, to at once consult a homœopathic practitioner.

DOSE.—See *Aconite*. Repeat every three hours. *Adults.*—A tablespoonful is a dose.

Calcareo Carbonica is suited to cases where the temperament of the patient corresponds to the *Calc. Carb.* type, and where the presence of brain symptoms, from the retrocession of the rash, would indicate *Belladonna*;—fair, delicate, and irritable skin, with considerable subcutaneous deposit of fat. The rash may come out on an over-warmly clad infant, or in connexion with the irritation of the gums from backward teething.

DOSE.—Same as for *Arsenicum*. Repeat every six hours, two or three times, or morning, noon, and night.

Chamomilla is indicated in similar cases to *Bryonia*, namely, that attacking lying-in women and infants at the breast. *Cham.* is preferable to *Bry.* for very young infants with greenish diarrhoea.

DOSE.—See *Aconite*. Repeat every three hours.

Coffea may afford relief in cases where there is great nervous irritability and wakefulness. The mother, if the child be not weaned, must not be in the habit of taking coffee as a beverage.

DOSE.—Same as for *Aconitum Napellus*. If necessary, and if relief be afforded by the first dose, a second dose may be taken after an interval of from four or six hours.

Rhus Toxicodendron is a useful remedy if the fever have a typhoid character. These cases, however, call for professional skill.

DOSE.—See *Arsenicum* and *Belladonna*.

Sulphur is required when *Chamomilla* fails to give relief. In cases where the temperament and physique of the child is opposed to that indicative of *Calcarea Carb.*

DOSE.—See *Arsenicum*. Repeat every three, four, or six hours.

MEASLES.

General Remarks.—This disease is both epidemic and contagious, and it appears more commonly in the spring and autumn, than in the summer and winter months. Measles, as a rule, attacks only children, although there are numerous exceptions, and the same individuals only once.

Symptoms.—These, at the beginning, are those of common catarrh, namely, more or less fever, a watery discharge from the nose and eyes; the eyelids are swollen and partly closed; there is great intolerance of light; other symptoms are, headache and sneezing. There is also a dry cough, with hoarseness and shortness of breath; lastly, there is a loss of appetite, and, occasionally, nausea and vomiting.

These symptoms continue three or four days

before the rash comes out. This consists of small, and more or less round, spots, of a dark-red colour, gradually increasing in size, and looking like flea bites. The spots disappear for the time when pressed upon by the finger. The eruption appears first upon the face (where it is most full) and neck, and afterwards spreads over the rest of the body. The rash, after two or three days, becomes paler, and completely disappears about the eighth or ninth day. It terminates in a branlike scaling off of the skin.

TREATMENT.

Diet.—See “*Scarlet Fever*,” and “*Simple Inflammatory Fever*.”

Hygiene.—Great attention is to be paid to protecting the patient against draughts, and to keeping him moderately warm. Any sudden suppression, or driving in, of the eruption by a chill, is likely to be attended by serious, and, perhaps, fatal consequences.

During the whole course of this complaint, the patient should be kept in bed, which is the only place giving complete security from draughts of cold air. This rule is especially worthy of attention in the case of young persons.

Remedies.—*Aconitum Napellus*, *Pulsatilla*.

Additional Remedies.—*Belladonna*, *Bryonia*, *Ipecacuanha*, *Sulphur*.

Aconitum Napellus and *Pulsatilla* are specific for common, simple cases of measles.

Aconitum Napellus. — “The efficacy of this plant,” says Hahnemann, “in measles is almost miraculous.” This remedy is suited to the febrile symptoms, whenever they are present, throughout the course of the complaint. The skin is dry, and burning hot; the face flushed; the head is hot and aching. Considerable thirst, with dry, parched lips and mouth; scanty, dark, hot urine; great restlessness, and wakefulness. The patient is very sensitive and sore to the touch.

DOSE.—*Children*: Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and give one, two, or four teaspoonfuls, for a dose, every three hours.
Adults: One tablespoonful.

Pulsatilla is, in most cases, sufficient for the cure of all the other symptoms. The symptoms indicating *Pulsatilla* are,—a discharge from the eyes, intolerance of light, cough, and hoarseness. This remedy assists very much the coming out of the rash.

DOSE.—Same as for *Aconite*. Repeat every four or six hours, or every other three hours with *Aconitum Napellus*.

Coffæa, for great restlessness and wakefulness. In cases where coffee is not used as a drink by the patient, or, if an infant, by the mother.

DOSE.—See *Aconitum Napellus*.

Belladonna is indicated if the fever be not removed by the *Aconite*. There is partial or complete delirium, great intolerance of light, and a feeling of constriction in the throat. The symp-

toms of *Belladonna* may follow a sudden disappearance of the rash, in cases where *Coffæa* proves insufficient, and the brain becomes more excited.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three tablespoonfuls of water. Give one, two, or three teaspoonfuls, of the above-described mixture, for a dose, according to the patient's age, every four hours.

Bryonia is indicated, if, from a chill, the eruption disappear. The symptoms are,—dry, hard cough, with pains in the chest, especially whilst coughing and on moving; constipation is often an accompanying symptom, and forms, when present, a further indication for this remedy. The stools are large, and cause, or the patient feels, a difficulty in passing them. The patient may also be affected by rheumatic pains in the head, limbs, and back, indicative of *Bryonia*.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Ipecacuanha is not indicated in measles unless symptoms of gastric derangement, to which it is homœopathic, arise; or there are suffocative paroxysms, as if from constriction of the chest. It may be given alone, or in alternation with *Bryonia* or *Pulsatilla*. See the articles on "*Indigestion*," "*Vomiting*," "*Cough*," and "*Bronchitis*."

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours.

Sulphur is indicated by pain in, with discharge from, the ears; by swelling and inflammation of

the eyelids, and by a profuse flow of tears, or by a purulent discharge from them. This remedy is seldom, if ever, indicated during the eruptive stage of measles, although it often is for its sequelæ.

Dose.—See *Maladies consequent upon Measles (Sulphur)*.

COMPLICATIONS OF MEASLES, DISAPPEARANCE OF THE RASH.

Remedies.—*Belladonna, Bryonia, Chamomilla, Cocculus, Ignatia, Ipecacuanha, Nux Vomica, Phosphorus, Pulsatilla, Stramonium, Sulphur.*

Belladonna.—This remedy is indicated by its symptoms following the disappearance of the rash. The patient may be convulsed, be delirious, and scream and laugh; or he may be in an unconscious state, with the face red and swollen, the eyes blood-shot, and the pupils very much contracted. Dry, burning hot, skin.

Dose.—See "*Belladonna*," above.

Bryonia.—Cough, and pain in the chest. The indications for this remedy are fully given above.

Dose.—One or two globules, or one pilule, in one or two teaspoonfuls of water. Repeat every four hours, three times.

Chamomilla.—Some of the characteristic symptoms of this drug may arise during an attack of measles. Great restlessness, wakefulness at night, startings, and gastric derangement, are probable symptoms.

DOSE.—See *Bryonia*. In many cases it is not necessary to repeat the dose; in cases of gastric disturbance it is necessary to do so at intervals of four hours.

Cocculus is indicated by the pains about the stomach; violent spasms of that organ, exciting palpitation and pain of the heart, or in its region. Great prostration, anxiety, and fear; irritability from hearing loud talking. A feeling of sickness in the stomach, with headache.

DOSE.—Same as for *Aconitum Napellus*. Repeat after an interval of four or six hours.

Ignatia, in cases where there are symptoms indicative of the presence of thread-worms in the rectum; itching at the nose, crawling pain and itching at the anus; protrusion of the gut at stool. The symptoms of *Ignatia*, that may arise, cannot be all mentioned here; and for them the reader is referred to the article on *Ignatia* in the "*Materia Medica*," and to the various articles on the symptoms present in individual cases.

DOSE.—Same as for *Belladonna*.

Ipecacuanha may be called for if some of its symptoms are present, more especially those of derangement of the stomach,—vomiting of food immediately after eating; "a tearing pinching in the abdomen, as though the bowels were grasped with the hands." For the colics, diarrhœas, etc., indicative of *Ipecacuanha*, the reader is referred to their respective articles elsewhere.

DOSE.—Same as for *Bryonia*. Repeat, if necessary, after an interval of four or six hours.

Nux Vomica.—The reader had best consult the articles on "*Indigestion*," "*Dyspepsia*," and on "*Constipation*," for the indications of this medicine.

DOSE.—See *Bryonia*.

Phosphorus, in cases where the lungs are affected, and the cough and all the other chest symptoms continue to increase in severity notwithstanding the administration of *Aconite* and *Bryonia*. It may be alternated with *Antimonium Tartaricum*. These cases require, however, the attention of a professional homœopathist.

Pulsatilla should be administered if slimy and loose stools follow. No medicine is required for diarrhoea at the termination of an attack of measles, if it be not excessive in quantity, do not last too long, and do not much weaken the patient. See, further on, the "*Maladies consequent upon Measles*."

DOSE.—Same as for *Aconitum Napellus*. Repeat after every stool.

Stramonium is indicated in cases somewhat similar to those calling for *Belladonna*, namely, those where the brain becomes affected upon the sudden going in of the rash. The delirium of *Stramonium* is of a more violent description than that of *Belladonna*. Violent fits of anger; desire to get away; staring, brilliant, sparkling eyes, with dilated pupils.

DOSE.—See above, *Belladonna*.

Sulphur.—See above, "*Sulphur*, symptoms indicative of."

MALADIES CONSEQUENT UPON MEASLES.

The *sequelæ*, or maladies consequent on an attack of measles, are generally more difficult of cure than the epidemic itself. One of the great advantages of the homœopathic treatment of *Measles*, over any other method, is the lessened probability of any after effects.

The more common *sequelæ* are,—debility after measles, owing to the profuse and excessive sweating; a discharge of purulent matter from one or both ears; chronic cough, even perhaps the whooping variety; inflammation of the lungs (pneumonia, and even phthisis or consumption); croup; and an affection which is not of *itself* dangerous although difficult of cure, namely, chronic cold (catarrh) of the head and chest, or only of the former. In addition to the above pretty full list, I may mention a muco-purulent (a mixture of mucus and pus) discharge from the eyelids, and the breaking out of a succession of boils, or of an eruption on the skin.

The reader is referred to the separate articles in this work for the treatment of the above-mentioned affections, in addition to the advice here given. Complaints so serious as pneumonia and consumption, of course, require professional homœopathic treatment.

PROFUSE PERSPIRATION AND DEBILITY AFTER MEASLES.

Remedies.—*China, Mercurius.*

China is required for the debility produced by the sweating and diarrhoea.

Dose.—*Infants*: Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give one, two, or three teaspoonfuls, three times a-day for a week. *Adults*: Give the whole of the above mixture for a dose.

Mercurius, for profuse sweats with diarrhoea, continuing more than two days. The sweats, indicating this remedy, do not relieve the patient at all.

Dose.—See *China*. Repeat every five or six hours, two or three times.

DISCHARGE FROM THE EARS.

Remedies.—*Sulphur, Pulsatilla.*

Sulphur and *Pulsatilla* are to be administered in alternation, if the discharge from the ear continue. See "*Ear, Inflammation of.*"

Dose.—Dissolve three globules, two pilules, or one drop of the tincture of *Sulphur*, and six globules, four pilules, or two drops of the tincture of *Pulsatilla*, in separate tablespoonfuls of water, and give one, two, or three teaspoonfuls of the mixture for a dose to a child, or a whole tablespoonful to an adult. Repeat these remedies alternately every other four hours.

PREVENTIVE (PROPHYLACTIC) TREATMENT OF MEASLES.

Homœopathy offers a means of preventing, or of

rendering more mild, an attack of measles, as it does an attack of scarlet fever. When this complaint is epidemic, administer to all the younger members of the family, who have not had it, *Aconite* and *Pulsatilla* in alternation.

DOSE.—Three globules, two pilules, or one drop of the tincture of either medicine, in a tablespoonful of water, is a dose for an adult. Give to a child one to four teaspoonfuls of this mixture. Give one medicine, morning and evening, one day, and the other the following day. Intermit every third day.

ERYSIPELAS—ST ANTHONY'S FIRE.

THIS disease presents two marked varieties, namely, the vesicular, and the simple or non-vesicular; of these two, the first named often succeeds to the second. A third variety, which terminates in subcutaneous abscess, requires professional supervision. Erysipelas more often attacks the face than other parts. Infants and females are chiefly subject to this complaint. Some individuals are so strongly predisposed to its attacks, that a slight scratch of the skin is followed by erysipelatous inflammation. Erysipelas frequently accompanies gastric derangement,—from the eating of shellfish, or of any other indigestible food.

Symptoms.—These are local and constitutional. The local consist of painful and burning heat, and of redness and swelling of the part affected; this

last gives a glistening, stretched appearance to the skin. The part, when pressed upon by the finger, is momentarily white, but instantly recovers its red colour on the removal of the pressure. The constitutional symptoms are, fever, chills followed by flushes of heat, thirst, dry mouth, etc. These symptoms precede by a few days the eruption, when they generally disappear. Erysipelas of the face is dangerous, especially in infants, from its tendency to implicate the scalp, in which case the brain may be affected, and death the result.

TREATMENT.

Diet.—The diet depends upon the severity of the attack. If there be much fever, it is to be restricted to fluids, as toast and water, barley water, etc. Animal food, in the form of beef-tea or chicken-broth, may be given in slight cases.

Medicinal Treatment.—This, after the eruption has appeared, consists in the employment of one of two remedies, namely, of *Rhus Toxicodendron* or of *Belladonna*. *Belladonna* is specific to the non-vesicular, and *Rhus Toxicodendron* to the vesicular variety.

Remedies.—*Aconitum Napellus*, *Rhus Toxicodendron*, *Belladonna*.

Aconitum Napellus is to be given for the fever, previously to the rash appearing.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours.

Rhus Toxicodendron, for vesicular erysipelas : *Belladonna* is indicated before vesicles are seen.

DOSE.—See *Aconite*. Repeat every four or five hours.

Belladonna is indicated by high fever, and by the brain being affected. The patient is very excited or delirious. *Belladonna* is generally indicated in erysipelas of the face. The face is excessively swollen, the eyes are often quite closed, and the skin is burning hot. As before stated, *Belladonna* is specific to all erysipelatous eruptions, without vesicles.

DOSE.—See *Aconite* and *Rhus Toxicodendron*.

Additional Remedies.—*Bryonia*, *Pulsatilla*, *Arsenicum*, *Carbo Vegetabilis*, *Secale Cornutum*.

Bryonia is suited to erysipelas of a joint, if there be great pain when moving it. *Bryonia* is given alternately with *Belladonna* or *Rhus Toxicodendron*.

DOSE.—Same as for *Aconite*. Repeat every other three hours, with *Belladonna* or *Rhus Toxicodendron* alternately.

Pulsatilla is useful if the part be swollen, burning hot, and of a bluish-red colour. *Pulsatilla* is suited to erysipelas, caused by indigestible fat food.

DOSE.—See *Aconite*. Repeat every three or four hours.

Arsenicum is required in dangerous cases, with typhoid symptoms, when gangrenous spots appear.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat once, after waiting six hours.

Carbo Vegetabilis, in cases where there is ulcera-

tion of the part, and a secretion of bloody, burning, or foul, corpse-like, smelling pus. *Carb. V.* and *Ars.* may be alternated, in case homœopathic advice is not available.

DOSE.—Same as for *Arsenicum*. Repeat once after an interval of six hours; or every alternate four hours, with *Arsenicum* or *Secale Cornutum*.

Secale Cornutum, in cases where the disorganization (death, mortification) of the part still advances, notwithstanding the employment of *Arsenicum* and *Carbo Vegetabilis*.

DOSE.—See *Arsenicum*. Repeat after an interval of six hours; or every alternate four hours, with *Carb. Veg.*

ERYSIPELAS CAUSED BY ARNICA.

The application of *Arnica* lotions to an open wound, or to an abrasion of the skin, is sometimes followed by an attack of erysipelas. Many individuals, predisposed so erysipelas, are even affected by the smell of *Arnica* with erysipelas of the face. In these cases, where the remedies recommended in the article upon "*Erysipelas*" fail to give relief, I have seen great benefit result from the use of *Camphor*.

DOSE.—One drop of the strong tincture of *Camphor* upon a small piece of loaf sugar; or a grain of the centesimal trituration. Repeat every three hours, twice or three times.

NETTLE RASH.

THIS rash principally affects individuals of sanguine temperament, with fine and fair skins. Accordingly, females and children are predisposed to its attacks.

Causes.—Very slight causes are sufficient in the predisposed to excite nettle rash. In such persons, slight friction, or pinching of the skin, is sufficient; it more often, however, is excited by gastric derangement, caused by irritating articles of food; such are, shellfish, mushrooms, pickles, and all articles prepared with vinegar.

Symptoms.—This rash closely resembles the wheals produced by the sting of a nettle (hence the name), both in appearance and in the other symptoms. The rash is preceded by febrile and other symptoms, indicating gastric and other derangements.

TREATMENT.

Diet.—Carefully abstain from all irritating food, especially the articles mentioned above, and any others which specially affect the individual. During an attack, the diet is to be the same as in "*Fever.*"

Remedies.—*Aconitum Napellus*, *Antimonium Crudum*, *Arsenicum*, *Belladonna*, *Bryonia*, *Cantharis*, *Dulcamara*, *Hepar Sulphuris*, *Acidum Nitricum*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*, *Sulphur*.

Aconitum Napellus is indicated, at the commencement, by the symptoms of fever, and by those that accompany the eruption; the pulse is quick; the skin is hot and dry; the tongue is coated; and the patient complains of thirst and a dry mouth.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours.

Antimonium Crudum. — This remedy is only indicated in cases where the disordered state of the digestive system requires its employment, and where the rash is only one among other symptoms. For the group of remedies indicative of *Ant. Crud.*, see the "*Materia Medica*," article "*Ant. Crud., Digestive function.*"

DOSE.—Same as for *Aconite*. Repeat every four hours.

Arsenicum is of use in obstinate cases, where there is great burning and restlessness.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two tablespoonfuls of water, and take one every four hours.

Belladonna is to be administered if the head be affected with headache or giddiness; also, if brain symptoms supervene upon a sudden disappearance of the eruption.

DOSE.—See *Arsenicum*. Repeat in four or six hours' time.

Bryonia is indicated in cases of repelled eruption, where there is difficult respiration.

DOSE.—See *Arsenicum*. Repeat every three hours until relief is obtained. See *Sulphur*.

Cantharis, in cases where there are blisters containing serum, and the patient has pain and trouble with his urine. The water may burn or scald him in passing, or it may pass with very great difficulty and cause great pain, coming away in drops, and being mixed with blood; he may be unable to pass it at all. These cases require surgical treatment.

DOSE.—See *Arsenicum*.

Dulcamara is indicated in cases where the attack is dependent upon cold. The symptoms are—slight fever; coated tongue, with bitter taste in the mouth; diarrhoea; running from the nose and eyes; and the appearance of the rash itself, with stinging and itching of the skin.

DOSE.—See *Aconite*. Repeat every three hours.*

Hepar Sulphuris, for the nettle rash of individuals with unhealthy skins, the size and injuries of which heal slowly and with great difficulty. In cases where the constitution of the patient has been lowered in tone by salivation (by the allopathic use of Mercury). The skin has a tendency to become sore in places where it is affected by the rash, and to ulcerate.

DOSE.—See *Aconite*. Repeat morning, noon, and night.

Acidum Nitricum, in obstinate cases, after the abuse of *Mercury*, where the individual affected is of a rather spare (but at the same time of pretty firm muscular fibre), bilious habit of body. This remedy may be tried in alternation with *Carbo*

Vegetabilis, or, perhaps, with *Arsenicum*, for a week, if homœopathic advice cannot be obtained.

DOSE.—Same as for *Aconitum Napellus*. Repeat morning, noon, and night; or on alternate four hours with one of the above-mentioned remedies.

Nux Vomica is suited to individuals of bilious temperament and energetic character, dark hair, and dark complexion. The attack is due to indigestion, or to wine or other stimulants. The bowels are constipated.

DOSE.—See *Aconite*. Repeat every four or six hours.

Pulsatilla is required in cases of gastric derangement, excited by fat and indigestible food. The bowels are relaxed, and the patient is of an easy disposition and lymphatic temperament.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Rhus Toxicodendron is a useful remedy in some forms of this affection. In cases where the rash has come out after catching cold in damp weather, and where there are shivering, headache, and pains like those of *Rheumatism*. It is well to administer this remedy in alternation with *Bryonia*. The pains of *Rhus Toxicodendron* are aggravated, or excited, on first moving, and are relieved by continued exercise.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Take one dessertspoonful of this mixture for a dose, every six hours, or every alternate four hours, with *Bryonia*.

Sulphur is to be given, if the rash be driven in until its reappearance. It is to be administered in alternation with *Belladonna* or *Bryonia*, according as the head or chest symptoms predominate.

DOSE.—See *Arsenicum*. Repeat alternately with *Bryonia* or *Belladonna*.

Additional Remarks.—It has been already observed, at the beginning of this article, that females and children, having fine and fair skins, and with much subcutaneous fat (embonpoint), are predisposed to this affection.

The remedies especially adapted to that habit of body, and curative of *Nettle Rash*, are *Belladonna*, *Calcarea Carbonica*, *Dulcamara*, and *Pulsatilla*.

All these remedies, except *Calcarea*, with their individual indications, have been given in the body of this article.

Calcarea Carbonica is to be given, in place of *Sulphur*, to individuals of the temperament here under consideration, in all chronic cases of this affection.

DOSE.—See *Sulphur*.

SMALLPOX.

General Remarks.—This contagious and dangerous disease often terminates fatally, or, at the best, leaves indelible scars, pittings, or pockmarks,

unless it is modified by vaccination, or is treated homœopathically. It is commonly divided into two varieties,—the distinct variety, in which the vesicles remain separate until the termination of the disease; and the confluent variety, in which the vesicles run into one another, and form a continuous, suppurating crust. The above-mentioned division of this disease, is, however, rather apparent than real, the chief difference being, that the other existing symptoms are less virulent in the first-mentioned than in the latter variety.

Symptoms.—These are grouped into four stages,—namely, the first or premonitory stage, or that preceding the eruption; the second, or eruptive stage; the third, or stage of suppuration; and, lastly, the fourth, or scabbing stage.

The First Stage.—This is marked by symptoms of general fever, namely increased pulse, short chills, loss of appetite, thirst, nausea, and, often, vomiting, pain at the pit of the stomach, and constipation; in addition, there is headache and occasional delirium, at night. These symptoms are often very severe, but they generally lessen in intensity on the appearance of the eruption. This stage lasts from two to three days.

The Second or Eruptive Stage.—The eruption first appears upon the face, and, on successive days, on the chest and loins, and on the upper and lower limbs; it is completed on the third day. The vesicles, when first seen, appear in the form

of very minute red pimples, feeling to the touch like grains of millet-seed; these grow rapidly, and, pointed at first, are afterwards flattened, and, still later, they are depressed in their centres. If an inflammatory flush precede the eruption, the disease invariably assumes the confluent form; the closeness to each other of the vesicles is also important.

The Third or Suppurative Stage.—Suppuration begins about the fourth day after the appearance of the eruption. The pustules become swollen and of a yellow colour, and at the same time, the skin is reddened and swollen, feeling like brawn. At this period the fever, which had disappeared at the beginning of vesication, returns, and continues, with more or less severity, until the process of suppuration is complete. The swelling of the face, in this stage, is so great as to make the patient blind, or at least partially so.

The Fourth or Scabbing Stage.—About the eighth or ninth day, the pustules commence to dry up and to form yellow, or blackish-brown scabs; these latter falling off, leave scars of a reddish colour. As the vesicles do not appear simultaneously on the face, trunk, or limbs, it happens that the vesicles on the face are drying up at the time that those on the limbs are only beginning to suppurate.

Additional Remarks.—In the foregoing description of this disease, I have not alluded, separately, to the confluent variety, and for two reasons; in

the *first* place, the symptoms are the same, only of more severity, and the running into each other of the vesicles is a natural consequence of their close distribution; *secondly*, the treatment is not different. I might add, as an additional reason, that confluent smallpox is, in this country and at the present day, seldom seen; most cases are now of the distinct variety, and are greatly modified by vaccination.

TREATMENT.

The treatment here given is that curative of smallpox. For its prophylactic (*i.e.* preventive) treatment, see the article *Vaccination*.

Diet.—This should be the same as in fever generally, the patient being allowed plenty of cooling drinks.

Regimen.—The room should be kept thoroughly ventilated, cool, and darkened.

First or Febrile Stage.

Remedies. — *Aconitum Napellus*, *Antimonium Tartaricum*, *Belladonna*, *Opium*.

Aconitum Napellus is indicated by inflammatory fever, with determination of blood to the head, by bleeding from the nose, and depressed spirits.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours, until these symptoms are relieved.

Antimonium Tartaricum is specific to smallpox. It should be administered during its first, second,

and third stages, in alternation, if requisite, with some other medicine.

Symptoms.—General uneasiness at the stomach, with nausea; very weak and quick, or scarcely perceptible pulse.

Antimonium Tartaricum is specific to smallpox, on account of its power of producing an eruption, on a healthy person, so like it, that it has been mistaken for it.

Antimonium Tartaricum produces pustules, painful, large, and burning, with red inflamed bases. The *tartar emetic* cough is an additional indication.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours.

Belladonna is required if the fever increase under *Aconite*, the patient is delirious, and intolerant of light.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one for a dose. Repeat after an interval of four or six hours.

Opium is to be given in the place of *Belladonna*, in cases where the patient is insensible and has stertorous breathing.

DOSE.—Two globules, one pilule, or half a drop of the tincture, in a *teaspoonful* of water. Repeat two or three times, if this remedy be still indicated, at intervals of three, four, and six hours.

Second or Eruptive Stage.

Remedies.—*Stramonium*, *Antimonium Tartaricum*, *Thuja*.

Stramonium, administered during this period, assists the full development of the eruption.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in six teaspoonfuls of water; and give one teaspoonful of the mixture every four hours. Repeat six or eight times. If intermediately with *Antimonium Tartaricum*, alternate two hours.

Antimonium Tartaricum.—(See first stage.) It should be given in alternation with *Stramonium*. If great fever, delirium, etc., are present, consult the remedies of the first stage.

DOSE.—See *Antimonium Tartaricum*, first stage.

Thuja is strongly recommended by Dr Boenninghausen, as also is *Antimonium Tartaricum*, for this stage, and the next, of *Smallpox*. *Thuja* and *Ant. Tart.* can be taken, in alternation, all through the second, third, and fourth stages, in cases of the distinct form of this disease, uncomplicated with marked brain symptoms.

DOSE.—Same as for *Antimonium Tartaricum*. Repeat on alternate three or four hours, with *Antimonium Tartaricum*, according to the progress of the eruption.

The Third or Suppurative Stage.

Remedies.—*Mercurius*, *Antimonium Tartaricum*.

Mercurius is a valuable remedy during this stage; it is suited to the ulcerative-throat symptoms, and to the salivation of this stage. It is best given in alternation with *Antimonium Tartaricum*; a dose every other two hours.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water.

Fourth or Scabbing Stage.

Cleanliness is the great desideratum of the fourth stage. The parts chiefly affected should be sponged gently with tepid milk and water; in cases where the itching is very troublesome, and the scabs closely adhere, a little sweet oil can be applied. Strict attention must be paid to the diet.

If diarrhœa, inflammation of the eyes, or cough, follow this disease, they are to be treated in accordance with the directions already given.

MODIFIED SMALLPOX.

This complaint does not require separate notice. It is a milder form of the last disease, and its altered character is brought about by vaccination, performed, successfully, anteriorly to that of the smallpox epidemic. Pustular varicella seldom leaves *pockmarks*.

Treatment.—See *Smallpox*.

VACCINATION.PREVENTIVE (PROPHYLACTIC) TREATMENT OF
SMALLPOX.

VACCINATION is preventive (prophylactic) of *smallpox*, and it is so on account of the homœopathic relation it stands in to that very fatal disease. The fatal and contagious character of smallpox

may be judged of from the fact that in Mexico (within a very short period after its introduction into that country) three and a-half millions of the *Mexicans* fell victims to its ravages.

Though vaccination can be performed at any age, as the desired object is protection against *smallpox*, an early one is preferable.

Healthy infants should be vaccinated about the third or fourth month, without *smallpox* is epidemic, in which case it should be performed at an earlier period. As a rule, *I believe children take the vaccine virus best in warm weather*; this is probably dependent upon the increased action of the skin at that time. In my position of vaccinator to a public institution,* vaccinating annually two or three thousand children, I have had my attention repeatedly directed to this point.

Vaccination is best performed direct from another child; the latter should be free from hereditary or infectious diseases. Attention is to be directed particularly to any signs of scrofula in the vaccinated child,—*e.g.* sore eyes, enlarged glands, and skin diseases.

The vaccine virus is best on the eighth day after vaccination. The operation consists simply in applying the vaccine virus to an abraded portion of skin, so as to allow of its absorption. Vaccination is very commonly performed with matter pre-

* The Royal Jennerian and London Vaccine Institution, 18 Providence Row, Finsbury Square, London.

served, on ivory points, between glasses, and in glass tubes; but vaccination so done is less certain of *taking* than when it is performed direct.

INTERNAL (MEDICINAL) TREATMENT.

As above mentioned, vaccination is the best (because homœopathic) preventive of *smallpox*.

It is well, however, during a *smallpox* epidemic, to avail ourselves of any additional means of protection against such an arch destroyer. Homœopathy offers to its followers two remedies, *prophylactic* to *smallpox*, namely, *Thuja* and *Vaccinin*.

TREATMENT.

During a *smallpox* epidemic administer *Thuja* and *Vaccinin* on alternate days.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. *Infants*: Administer one or two teaspoonfuls of the above mixture, according to the child's age. Repeat as directed for a week, then every alternate third day.

CHICKENPOX.

THIS disease, compared with *smallpox*, is scarcely deserving of notice. Chickenpox, if it be simple, is easily distinguished from *smallpox*, or varioloid. It generally runs its course without ill consequences. This complaint leaves no permanent pockmarks.

Symptoms.—Previously to the rash appearing,

there are symptoms of fever and of gastric derangement, such as heats, chills, loss of appetite, and nausea. The eruption comes out irregularly on the various parts of the body, as the face or hands. The vesicles are either arranged in groups, or they are scattered, and they need not have inflamed, red bases. The vesicles dry up and form brownish scabs, without any troublesome symptoms arising, as in the suppurative stage of smallpox. The disease is at an end within a week from its first appearance.

TREATMENT.

Diet and Hygiene.—Keep the child warm (not, however, confined to his bed). The diet is the same as that for simple fever. If smallpox or varioloid supervene, consult its article, and treat accordingly.

Precautionary Measures.—Give *Pulsatilla* to the younger members of the family, if chickenpox be epidemic.

DOSE.—*Children*: Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and give one, two, or three teaspoonfuls once a-day. *Adults*: A tablespoonful of the above mixture.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Pulsatilla*.

Aconite is indicated in the first stage of chickenpox for the heats, chills, thirsts, etc.

DOSE.—Same as for *Pulsatilla*. Repeat every three hours.

Belladonna is indicated if the brain be affected; this may happen during teething. *Coff.* is preferable to *Bell.* if the child be merely nervous and wakeful.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture in three tablespoonfuls of water, and take a tablespoonful for a dose (*Children*, one to three teaspoonfuls, according to age). Repeat after three hours.

Pulsatilla may be administered with advantage in alternation with either of the above-mentioned remedies. *Pulsatilla* is especially indicated if there be much derangement of the digestive function.

DOSE.—See *Pulsatilla*, above. Repeat every four or six hours; or, alternately, every three or four hours, with another remedy.

SCARLET FEVER.

General Remarks.—This is both an epidemic and a contagious disease. It seldom, if ever, attacks the same individual a second time. An attack of scarlet fever is always attended with considerable danger to the life of the sufferer; this is so, more especially, in weakly and delicate children. Scarlet fever is very uncertain as to its results; apparently slight cases may develop into dangerous ones, and even terminate fatally.

Symptoms.—These are divided into three stages,—namely, the first stage, or the one preceding the

eruption; the second or the eruptive stage; and the third or the critical stage.

The First Stage.—The period preceding the eruption is distinguished by three symptoms; the fever, the sore throat, and the pulse. The fever is characterized by extreme heat, both internal and external, considerable thirst, constipation, and scanty urine, of a dark-red colour. The throat is much inflamed, of a fiery-red colour, with swelling, particularly of the tonsils. The pulse is excessively quick, generally counting from a hundred to a hundred and twenty pulsations a-minute. The period preceding the eruptive stage seldom exceeds forty-eight hours.

The Second Stage.—The fever and sore throat of the first period continue throughout the second or eruptive stage. The rash comes out in red spots (smooth, when simple and not complicated with scarlet rash), which increase rapidly in size until they appear as scarlet blotches, with irregular outlines; as these latter often become continuous, the one with the other, the skin acquires a uniform scarlet tint, resembling that of a boiled lobster. The rash ordinarily appears first upon the face and neck. It may be distinguished from scarlet rash by the sweating of the patient; this, in *scarlet fever*, breaks out where the skin is free from the rash; in *scarlet rash*, on the contrary, it appears only where the *rash* is out.

The Third Stage.—This has already been alluded

to as the critical period. About the seventh or eighth day the fever and sore-throat symptoms begin to disappear, and at the same time the skin peels off in large plates (not in scales as in measles); the peeling off process lasts several days, and may be repeated.

During this stage there are,—profuse sweating, often bleeding from the nose, a greatly increased flow of urine (the latter deposits a considerable sediment), and frequently considerable looseness of the bowels. These symptoms give great relief, and are on no account to be checked. Great care must be taken against any exposure to draughts or cold, as the most dangerous results of scarlet fever may be developed during the third, and, for this reason, *critical* stage. This period of the disease may last a week or two.

TREATMENT.

This is both medicinal, hygienic, and dietetic; the first named is the most important, and, indeed, the two latter are, as accessories, of great value.

Hygienic Treatment.—The only safe place, for a patient during an attack of scarlet fever, is in bed; when once it is certain that the complaint threatening is scarlet fever, he should go to and remain there, until the last symptom of the third stage (critical sweats, etc.) has disappeared. The bedroom should not be too hot or close, the patient being in bed, but should be kept at an equable

temperature, and the greatest care must be taken to guard against draughts, at the same time that attention is paid to the daily ventilation of the apartment. If it be practicable, only one child should sleep in the same room.

Dietetic Treatment.—This should be light; all solid food is to be avoided. It should consist of milk and water, barley water, and light farinaceous articles of food, perhaps a little stewed fruit.

Medicinal Treatment.—The treatment of scarlet fever, if uncomplicated with scarlet rash, and with no typhoid symptoms, is very simple, and is confined to the employment of two medicines,—namely, *Belladonna* and *Aconite*: the reader is first to consult these two, and is not to employ any others, unless there are decided symptoms present not included among their effects.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Mercurius*, *Sulphur*.

Additional Remedies.—*Ipecacuanha*, *Coffea*, *Dulcamara*, *Arsenicum Album*, *Rhus Toxicodendron*, *Camphor*.

Aconitum Napellus is chiefly indicated at the commencement of the attack, in the first stage, when the nature of the disease is somewhat obscure. The symptoms are,—congestion of the head, dry and hot skin, full and quick pulse. An occasional dose of this remedy may be required in the other stages, if the above-mentioned symptoms are present, and the fever does not yield to

Belladonna. *Aconite* is to be given in alternation with *Bell.*, if the scarlet fever be complicated with scarlet rash.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours. *Infant*: One or two teaspoonfuls of the above mixture.

Belladonna is specific for uncomplicated scarlet fever, during all its stages; in many cases no other remedy is required, except an occasional dose of *Aconite*. The symptoms of *Belladonna* are,—fever, quick and strong, or small and quick pulse, burning hot skin, and a sensation of burning heat, either internal or external, or both; the throat is inflamed and swollen, with burning and soreness, and a scraping feeling at the upper extremity of the windpipe when swallowing: the rash is *smooth*, of a bright scarlet colour, and comes out in irregular patches which run one into another. The head may be affected, and the patient wanders.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat every four hours; when better, every six hours. *Infants*: A teaspoonful of the above mixture.

Mercurius is administered after *Belladonna*, in cases where the child ceases to receive benefit from that remedy, or becomes worse; the fever is of a low type; the throat is ulcerated and swollen; there is continual thirst. *Merc.* may be administered in alternation with *Belladonna*.

DOSE.—See *Aconite*. Repeat every four hours, four times.

Sulphur is of great service, in cases where the eruption is extensively diffused, in scrofulous children.

DOSE.—See *Aconite*. Repeat morning and evening.

Ipecacuanha is given if the child be convulsed, vomit, and breathe with difficulty.

DOSE.—See *Aconite*. Repeat every three hours.

Coffea is sometimes required in the first stage, in alternation with *Aconite*, for irritability and restlessness. This remedy is, however, of little value in this complaint.

DOSE.—See *Aconite*. Repeat every other three or four hours.

Dulcamara relieves any rheumatic pains which may follow the eruption.

DOSE.—See *Aconite*. Repeat every four or six hours.

Arsenicum is indicated in cases where the fever has a typhoid character; the patient is excessively weak and prostrated; with low delirium, excessive vomiting, and a wasting diarrhoea. If no benefit follow the use of this remedy, see *Rhus Tox*. No parent, however, would depend upon her own treatment in a case where typhoid symptoms are present; this, and the next remedy, are inserted only in case medical aid is not available.

DOSE.—See *Belladonna*. Repeat once, after six hours.

Rhus Toxicodendron is to be given after *Arsenicum*: the tongue is brown, coated, and dry; there

is excessive thirst; the symptoms indicating the last-named remedy are unabated in malignity.

DOSE.—See *Belladonna*. To be given six hours after the *Arsenicum*, and repeated after a lapse of four hours.

Opium is required after, or instead of, *Belladonna*; the little patient, in place of being violently delirious, lies in a state of stupor, with the mouth and eyes open; the breathing is stertorous (snoring).

DOSE.—Put two globules, or one pilule, on the tongue, moistening the mouth with a little water, to promote absorption.

Camphor is used with advantage in cases where the patient is in a state of collapse, apparently dying. It should be employed both internally and externally. *Camphor* is useful, if the eruption strike in.

DOSE FOR INTERNAL ADMINISTRATION.—One drop of the tincture, in a teaspoonful of tepid water, every five or ten minutes (two drops for an *adult*).

EXTERNAL APPLICATION.—Drop a few drops of the tincture on a piece of flannel, and gently rub first one and then another cold part.

PREVENTIVE TREATMENT.

When scarlet fever is epidemic, give to all the members of the family an occasional dose of *Belladonna*.

DOSE.—See *Aconite*. Repeat every morning.

If one child in a family be attacked, give to all the others a dose every night, for the first four nights, and afterwards as above.

SCARLET RASH.

THIS complaint closely resembles scarlet fever; it is, however, a distinct disease, and requires different treatment. Scarlet rash occurs singly, or in combination with scarlet fever; where the latter is the case, the danger is much increased. Compare *Scarlet Fever*.

Symptoms.—As most persons have some idea of what *scarlet fever* is like, I can best describe *scarlet rash* by showing how it can be distinguished from the former disease, as well as for the reason, that the reader is certain to have read the article on *scarlet fever*. In the *first* place, the spots of scarlet rash do not come out in the regular order of scarlet fever,—first upon the face and neck,—but they appear, irregularly, on different parts of the body, or even on several parts at the same time. *Secondly*, the spots are different; they are a little darker, less smooth to the touch, and are not rendered white by the pressure of the fingers. *Thirdly*, the patient only sweats where the eruption is out, consequently the fuller the eruption the more diffused is the perspiration. *Fourthly*, the same individual can be attacked by this malady several times, even in one season. *Lastly*, it runs no regular course, and often disappears suddenly; if this latter take place, the fact of the

patient's life being in danger must not be overlooked, and professional assistance should be obtained.

Treatment.—If simple, and not complicated with scarlet fever, *Aconitum Napellus* is the specific for this complaint.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours, four times.

PART V.

GENERAL AFFECTIONS.

LOCAL AFFECTIONS.



ACUTE RHEUMATISM.

(Rheumatic Fever.)

Symptoms.—This complaint may be briefly described as rheumatism with fever. The fever symptoms are,—chills followed by heats; thirst; quickened pulse; the skin dry, hot, and harsh; profuse clammy, often sour, perspirations; the urine is high-coloured and thick; the pains chiefly affect the larger joints, although almost all are liable to be attacked; the pains may wander about from one joint to another in a most capricious manner; the parts affected are tender, inflamed, and swollen; the patient is worse towards night; an attack of this complaint generally lasts two or three weeks. The patient is never nearly so much weakened by homœopathic as by allopathic treatment. Rheumatism affecting special parts is variously named: when attacking the loins, lumbago; the hips, sciatica; and the chest, false pleurisy.

Causes.—The common exciting cause is cold or damp, when the body is heated and perspiring. Some individuals have a peculiar tendency to this complaint (rheumatic diathesis). It most commonly attacks the young and active.

TREATMENT.

Diet, etc.—The same as in simple inflammatory fever.

External Applications—Turkish-bath, etc.—The hot air-bath is very serviceable in this complaint; it should not be employed, however, unless ordered by the professional attendant. The safest way of using this bath is at home, before retiring to rest. Surgical instrument makers, and the leading chemists, keep for sale a small lamp apparatus for generating heat. This lamp—of course lighted—is placed under a chair, on which the patient, altogether undressed, is seated, with a couple of blankets, fastened closely round the neck, descending all round, down to the floor, to retain the heated air. The patient remains in the bath until profuse perspiration has taken place; after which, a warm sponge-bath should be taken (the patient being in front of a fire carefully guarded from draughts), and the patient should at once get into bed. Every care must be taken to guard against checking the perspiration. Whilst perspiring, drink freely of water, toast and water, etc.

This process obviates the danger inseparable from the *Turkish-bath*, namely, that of getting chilled on coming out into the open air.

Local Applications, affording in many cases great relief, are, cold-water compresses, hot fomentations, and warm bread-and-water poultices.

If there be swelling, heat, redness, and pain

(inflammation), about the part, the two last-named applications are the best and safest.

If a large surface be affected with rheumatic pains, *e.g.* the back (see "*Lumbago*"), the compress is the most available application.

Cold-water Compress.—Dip a once-folded piece of linen * in cold water, partially wring it out, and apply it to the affected part. Apply over it a somewhat larger piece of oiled silk, and over all bind round a three or four times folded dry flannel bandage. Five, ten, twenty, or thirty drops of the *strongest tincture* of the same medicine that is administered internally should be dropped on the poultice or compress.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Arsenicum*, *Belladonna*, *Bryonia*, *Chamomilla*, *China*, *Colocynthis*, *Dulcamara*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*, *Sulphur*.

Aconitum Napellus is indicated, at the beginning of an attack of acute rheumatism, by fever symptoms, namely, by,—dry and hot skin, flushed face, and great thirst; the pains especially affect the joints; they are of a tearing, stitching, or bruised character, and are worse at night; the parts are more or less swollen and inflamed, and they are very sensitive to touch. The patient, in addition, suffers, perhaps, from congestive headache, and from more or less laboured breathing. His urine is dark-

* A napkin or towel, unfolded however, is a convenient substance if a large surface be affected.

red or thick, depositing a sediment on standing, and scanty. He is restless, wakeful, and irritable.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat the dose every three or four hours.

Arnica is suited to pains resembling those caused by a bruise or sprain, which are sore, aching, or cramped. *Arnica* is especially useful in rheumatism of the back with stiffness.

Arnica pains chiefly affect the muscles and tendons.

Arnica, administered internally, removes rheumatic pains affecting parts of the body or limbs where the vitality has been lowered at an antecedent period by a blow, fall, etc.

DOSE.—See *Aconite*. Repeat every four or six hours.

Arsenicum resembles *China* in many important particulars, and especially in the periodicity of the attacks of pains, and of their aggravation. The pains are burning, tearing, and pricking; they are worse when lying down, and are relieved by moving the part, by standing, by pressure, and by warmth; they come on principally in the evening, on lying down at night, and on rising in the morning. Pains accompanied by shivering, cold surface, and burning heat internally. The patient is very weak and emaciated.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Give one dessertspoonful of this mixture for a dose, morning, noon, and night; or at the time of accession or aggravation of the pains.

Belladonna is required in cases where brain symptoms predominate ;—there is determination of blood to the head, flushing of the face, slight delirium and dilated pupils. It is a valuable remedy in nervous pains of the face (*tic douloureux*), see “*Tic Douloureux, Faceache*.” The joints are principally affected, and are swollen, red, burning hot, and inflamed and shining. The pains are mostly burning and pricking, and they are aggravated by any motion. *Belladonna* appears to be indicated in cases where the pains extend throughout the whole length of a muscle. Spasms and convulsions, in cases where the paroxysms are renewed by every contact. Compare this remedy with *Aconite* and *Bryonia*.

DOSE.—See *Arsenicum*. Repeat every six hours.

Bryonia is a most valuable remedy for this complaint: its employment usually follows that of *Aconite*; it is often administered with advantage antecedently to *Rhus Toxicodendron*, or it may be alternated with that remedy. The joints are swollen, often shining, and red; sometimes the joint affected is pale and hot: the pains are lancing or stitching, and are aggravated by any motion, or by touch, and are worse towards night. The pains of *Bryonia* frequently are met with affecting the intercostal (between the ribs) muscles, and others, of the chest, causing very painful and difficult respiration, stitch in the side, etc., especially on taking a deep inspiration. This last-

mentioned symptom is known as *false pleurisy*, and it is a state easily mistaken, without *auscultation*, for inflammation of the lungs and real pleurisy.

DOSE.—See *Aconite*. Repeat every four hours, or alternately with *Rhus Toxicodendron* every other three hours.

Chamomilla is a useful remedy for those slight rheumatic pains which, strictly speaking, are rather of a neuralgic or hysterical description than of the class now under consideration. Females and children are principally affected by the tearing, dragging pains and stiffness, or paralytic weakness, that indicate this remedy. In addition, the other symptoms, especially those of gastric derangement, should correspond. See, further, the symptoms of *Chamomilla*, in the articles on "*Indigestion, Dyspepsia*," on "*Hysterics*," "*Convulsions of Infants*," etc., etc.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours. *Infants*: One, two, or three teaspoonfuls of an adult's dose.

China.—This remedy is required in some exceptional instances, which may be termed secondary. The pains are tearing or cramp-like, or lancinating, with weakness of the parts, and they are made worse by touch or motion. The leading indication for this medicine is the intermittent character of the rheumatism,—*i.e.* its recurrence at regular intervals. Other symptoms indicating *China* are,—fever of an intermittent type, characterized by chills, with shiverings, pale face, cold hands and feet, followed by heats with burning,

flushed face ; thirst, with a desire for cold drinks ; sweats, too easily produced by warmth or motion, exhausting the patient without relief, with great general weakness. *China* may be advantageously compared with *Mercurius*. Lastly, *China* is a valuable remedy in cases where there is, associated with the rheumatic pains, great weakness, consequent upon the previous treatment of the sufferer with allopathic drugs, especially mercury.

DOSE.—See *Aconite*. Repeat the dose morning, noon, and night.

Colocynthis exercises a powerfully curative influence upon pains of the nervous tissue, *e.g.* *Tic douloureux* and *Sciatica*. The pains may be boring, dragging, lacerating, or stitching. *Colocynthis* may be indicated in gout, and in rheumatic gout. In hip-joint affections, where the pain seems to commence in the joint, and to proceed down the thigh along its nerve.

DOSE.—Same as for *Aconitum Napellus*. In the case of very sensitive females, it may be better to administer this medicine as recommended for *Arsenicum*. Repeat every four or six hours.

Dulcamara, for various rheumatic pains, felt in catarrhal fever. Rheumatic affections of the eye or ear, with fever, consequent upon the driving in (sudden disappearance) of a rash, needing this remedy ; or, perhaps, on the sudden cessation of a catarrhal discharge from the head, rectum, or from a suppurating tetter.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours.

Mercurius is suited to pains of the bones rather than the muscles, and which in the limbs are deep-seated. The pains are aggravated at night by the warmth of the bed, and the patient, without experiencing any relief, sweats profusely.

The rheumatic fever, indicating *Mercurius*, is attended with chills, with trembling followed by heats, with thirst. The paroxysms occur in most cases at night.

Mercurius should never be taken in cases where the patient has, at some antecedent period, been salivated with old-system mercurial preparations. In this last-named class of cases, I have seen most benefit derived from the administration of alternate doses of *Hepar Sulph.* and *Acidum Nitricum*.

DOSE.—See *Aconite*. Repeat every six hours.

Nux Vomica is indicated by a sanguine and energetic temperament, in individuals disposed to piles and constipation, and possessed of dark hair, eyes, and complexion; the pains are made worse by cold. The pains are similar in character to those of *Pulsatilla*, and chiefly affect the back, shoulder-blades, and loins. The pains often appear in the initiatory stage of a common cold of the head and chest, before the fever attracts much or any attention. *Nux Vomica* is required if the patient have been addicted to the taking of stimulants, coffee, etc. See "*Lumbago*," "*Gout*," etc.

DOSE.—See *Aconite*. Repeat every four or six hours.

Pulsatilla.—The leading indications for this remedy are,—the lymphatic temperament of the patient, namely, light hair, blue eyes, fair and pale complexion, inclination to *embonpoint*, relaxed bowels, and easy temper: further, the shifting or flying character of the pains. This peculiarity of the pains produced by, and consequently indicating the utility of, *Pulsatilla*, points to its employment in the treatment of the common wandering rheumatism or rheumatic gout. The pains are ameliorated by exposure to cold; and the parts affected feel weak and shaky, as if partially paralyzed. The pains may appear consequent upon the sudden suppression of the menses. The pains are worse in the evening. See "*Gout*."

DOSE.—See *Aconite*. Repeat every four or six hours.

Rhus Toxicodendron, for pains worse during rest, or on first moving the limb, and which are relieved by continued motion. There is a want of power, with trembling when moving the limb, as if it were paralyzed, with a sensation of weight and numbness; the joints feel stiff and lame, and there are tearing or bruised sensations in their neighbourhood. *Rhus Tox.* is especially adapted to rheumatism occasioned by getting wet, and which is aggravated by damp, cold weather. *Rhus Tox.* should be used when the rheumatism, after any exposure, flies to a joint that has been at some previous time strained or sprained.

DOSE.—See *Aconite*. Repeat every four or six hours.

Sulphur is a most valuable remedy in rheumatism, in persons of a scrofulous habit of body. In cases of pains of the hip-joint, and of the head of the leg bone (tibia), of long standing, where there is ulceration, or where it is strongly suspected to be present. These cases are not amenable to domestic treatment. One or two doses of this drug are taken with advantage at the termination of the treatment of this affection with other medicines.

DOSE.—See *Arsenicum*. Repeat the dose at bedtime, three or four nights.

CHRONIC RHEUMATISM.

General Remarks.—This disease is generally the termination of the acute variety. It is a very common affection, and usually attacks the patient on some particular, or on every, change of the weather; or on getting wet, or chilled by exposure to cold or damp air. See, further, the articles on “*Gout*” and “*Lumbago*.”

Symptoms.—The pains closely resemble those of acute rheumatism; there is, however, little, if any, fever, and the pulse seldom rises above eighty; the affected joint is pale, cold, and stiff, and it is less swollen than in acute rheumatism, and the pain is relieved by warmth; there is no sweating. Chronic rheumatism very commonly

affects the knee-joint; scrofulous disease of the joint (white swelling), and bursitis (housemaid's knee), are distinct complaints from this one, and are not uncommon ones.

TREATMENT.

Local Application.—A cold-water compress, to the part affected, is the best. For the proper manner of applying a bandage, see the article on "*Acute Rheumatism.*"

Skilful homœopathic treatment is needed to eradicate this affection.

Remedies.—*Arsenicum*, *Colocynthis*, *China*, *Dulcamara*, *Nux Vomica*, *Rhus Toxicodendron*, *Sepia*, *Sulphur*.

Arsenicum, for acutely painful, burning, lacerating pains, which are relieved by the external application of warm air, and are aggravated, or become unbearable, by the least exposure to cold, and at night.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Take one dessertspoonful for a dose, and repeat after an interval of six hours.

Colocynthis, for pains affecting one half of the head, with nausea, in the afternoon (5 P.M.). Pains in the hip-joint (*i.e.* from the fundament down the thigh).

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat after an interval of six hours.

China, for a painfully bruised, lamed, feeling of the lower limbs, as though from weariness. *China* is additionally indicated by the periodical return of the pains in individuals weakened by exhaustive discharges.

DOSE.—See *Colocynthis*. Repeat morning, noon, and night.

Dulcamara, for pains which are worse at night and when lying down, with very little fever. The pains are excited by exposure to cold and damp, or by getting wet (*e.g.* the feet).

‡ DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat every four hours, three times.

Nux Vomica, for jerking pains, especially in the loins, extending upwards and downwards. The patient is habitually costive. *Nux Vomica* is a valuable remedy in that form of chronic rheumatism, treated of elsewhere, known as "*Lumbago*."

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water, every six hours, or every night, at bedtime, for a week.

Rhus Toxicodendron, in obstinate cases, and in almost all which have lasted any length of time, with painful stiffness on first moving the joint. The pains are pricking and stinging, as though the part were paralyzed. The pains are ameliorated by continued exercise.

DOSE.—See *Nux Vomica*. Repeat morning, noon, and night, daily, for a week.

NIGHTMARE.

General Remarks.—This well-known affection needs no description. It is almost always dependent upon a disordered condition of the stomach, especially from the eating of hot and heavy suppers. The reader should read the article on “*Indigestion, Dyspepsia.*”

TREATMENT.

Diet and Hygiene.—This is a complaint for which prevention is better than cure. The patient should leave off eating suppers, or take them early, and take a walk afterwards. The head should be kept well raised in bed, on a hard-stuffed pillow or bolster. A common mattress is preferable to a soft bed, and a horse-hair mattress is the best of all. Consult the paragraphs on “*Diet and Hygiene*” in the above-mentioned article, and in that on “*Constipation.*”

Remedies.—*Aconitum Napellus, Cocculus, Ignatia, Nux Vomica, Opium, Pulsatilla.*

Aconitum Napellus, for feverish restlessness at night, oppression of the chest, and fear of death. There is more or less congestion of the head, and flushing of the face.

Dose.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat as often as required, every three hours.

Cocculus. — Dreadful dreams, exciting great anxiety. The patient starts, cries, and flings his hands about during sleep. *Cocculus* is not indicated unless its characteristic, dyspeptic symptoms (especially spasm, and pain at the heart,—the latter often with palpitation) are present. See, further, “*Indigestion*.”

DOSE.—See *Aconite*.

Ignatia, for restless sleep with nightmare; the same object is presented to the mind's eye all through the night. In cases where the individual, affected with the nightmare, is subject to spasms, caused by fright, silent grief, *pin-worms*, etc.

DOSE.—See *Aconite*. Repeat morning and evening, or at 7 P.M., and at bedtime.

Nux Vomica, for nightmare after a hearty meal (supper), or indulgence in stimulants; in cases where the individual affected is of a costive habit, and of a bilious temperament.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Every night at bedtime, for a week.

Opium, in cases where the individual attacked by nightmare moans, snores, and breathes slowly and with difficulty, jerks his limbs, and is deeply flushed in the face.

The nightmare requiring *Opium* is of a very serious description, and is, strictly speaking, rather an epileptic seizure during sleep than an attack of this malady. See “*Brain Fever*.”

DOSE.—Two globules, or one pilule, on the tongue.

Pulsatilla, for nightmare, following the eating of fat indigestible food. Also in females with disordered menstruation.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Take a dose, in the evening, after eating food likely to cause an attack, and again at bedtime.

GOUT.

General Remarks.—This disease in many points resembles acute rheumatism; it is, however, from its complication with other disorders, very difficult of curative treatment. Gout should always be treated by a skilful homœopathic practitioner, where one is obtainable, for the reason that it is easily transferred, in individuals of a gouty habit of body,* from its only safe situation, the extremities, to some internal organ, as the stomach, heart, or brain; injudicious treatment, in cases of change of seat, causes apoplexy, violent spasms of the stomach, or a fatally-ending disease of the heart.

Causes, Predisposing.—Males are more subject to gout than females. It seldom appears until thirty-seven or forty years of age, generally later. A full habit of body, sedentary habits, and hereditary influences, are the chief ones.

Causes, Immediate.—These are numerous; excess in eating and drinking, acid drinks or sour

* Gouty diathesis.

fruit, a fright, or any violent mental emotion, long lasting anxiety, getting the feet wet, exposure to cold when heated.

Symptoms.—These are,—acute pain, heat, redness and swelling of the joints, generally of the feet; great restlessness, and irritability of temper; the attack comes on towards, or in, the night. An attack, or fit, of the gout lasts from three to eight or nine days. The general health is much better after, than for a considerable time previous to, an attack of this disease.

Probable Result.—This disease is seldom or ever cured by allopathic treatment; when successful, it is so through the medicine (colchicum) being homœopathic to the disease. In fact, their injudicious, because indiscriminate and empirical, use of that drug in gout does permanent injury to the patient, because, although its administration in allopathic doses shortens the duration of the paroxysms, it also shortens the length of the intervals, and, at last, the paroxysms occur so often that the patient is scarcely ever without one, except during part of the summer. Ultimately, if the sufferer's life be not cut short by some complication of gout, as apoplexy, his mind becomes affected as well as his body, and, as Sydenham says, “the miserable wretch is at length so happy as to die.”

TREATMENT.

Diet and Hygiene.—Plain living, and a gradual

reduction in the amount of wine and other stimulants taken, is essential to the cure of this malady. At the same time, increase materially the amount of daily physical exercise.

Local Treatment.—The local application of heat to the surface is almost always required. This is done by means of flannels wrung out of boiling water, or of a hot bread-and-water poultice, or of *spongio-piline*. If either of the two former be employed, it should be covered with oil-silk and dry flannel. See, further on, the note on “*External Application*,” following immediately *Pulsatilla*.

Caution.—Never apply cold to an inflamed gouty limb; the doing so drives the disease to the stomach, or some other internal organ. Compresses should be wrung out of hot water.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Bryonia*, *China*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*.

Aconitum Napellus, at the commencement, in persons of corpulent habit inclined to apoplexy. The pulse is hard and quick, and there is considerable inflammatory fever.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours until the fever abates.

Arnica Montana is indicated in cases of chronic gout, even if there be swelling, and rheumatic pains in the muscles and tendons, where the pains are sore, aching, pricking, creeping, and, last but

not least, cramped, bruised, sprained, or strained. Any mechanical injury, at a former period (even a long anterior one), to the affected limb, would be an additional indication for *Arnica*.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every four or six hours, according to the amelioration of the symptoms; or on alternate three hours, with *Aconitum Napellus*.

Bryonia is indicated if the pains are made worse by the slightest movement, in persons of rheumatic and bilious habit of body. *Bryonia* will afford, oftentimes, prompt relief in gout affecting the feet, with puffy swelling, pitting on pressure.

DOSE.—Same as for *Aconitum Napellus*. Repeat every three or four hours.

China and *Quinine* are valuable remedies for certain forms of this disease;—more especially in cases where the attacks return at *periodical intervals*, and in individuals of reduced circumstances and of debilitated constitution, or who have been previously exhausted by discharges of any kind.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat morning, noon, and night.

Nux Vomica, when the attack comes on in, or is worse towards, the morning. The patient is excessively irascible. The attack follows upon over-indulgence in wine and other stimulants, from the eating heartily of indigestible suppers, etc. Especially in individuals of sedentary pursuits, or in

others, leading a confined life, although previously used to much open-air exercise, *e.g.* riding, shooting, etc. Individuals of constipated and costive habit of body, of dark complexion, spare but firm muscular development, and inclined to hæmorrhoids (piles).

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours, and at bedtime.

Pulsatilla, for shifting pains. The attack is not confined to one joint, but travels from one to another, or what is commonly called rheumatic gout. In individuals of a scrofulous, gouty habit of body, of easy disposition, and inclined to mucous (*e.g.* leucorrhœal discharge of females) discharges.

In this class of cases, the rheumatic, gouty, attack may supervene upon the sudden suppression of an habitual, or normal (*e.g.* menstrual) discharge. The rheumatic gout, requiring *Pulsatilla*, very generally attacks the feet, which become red, hot, and swollen, with pain from standing. As already mentioned, *Pulsatilla* is especially suited to flying rheumatism (rheumatic gout). In such cases the joints principally affected are the shoulders, elbows, knees, and the arches of the feet. The pains are sticking and tearing.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

EXTERNAL APPLICATION.—Apply ten to twenty drops of the above-mentioned tincture (or three or four of the concentrated tincture) to the affected joint, on a *poultice*, on *spongio-piline*, or on a warm *wet compress*, whichever is the local application employed.

Rhus Toxicodendron is very usually given alter-

nately with *Bryonia*. Stiffness and pain of the part, almost always a joint, on moving, after resting, and on waking in the morning. Red inflammatory swelling of a joint, with vesicles, or, perhaps, more correctly speaking, vesicular erysipelas; this last-named complaint, affecting a joint, is easily and often mistaken for gout. In cases where the accompanying fever is of a typhoid rather than of an acutely inflammatory type; for the latter condition *Aconitum Napellus*, or, perhaps, *Belladonna*, is to be preferred.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours; and take a teaspoonful of this mixture every twenty minutes during the paroxysm. If an aggravation take place, smell spirits of *Camphor*, and wait six hours.

LUMBAGO.

THIS complaint, as mentioned in the article “Acute Rheumatism,” is rheumatism of the loins and lower portion of the back. Lumbago is popularly, however, applied to a more extended limit than the above. Care and skill are, however, required to distinguish between this disease and an affection of the kidneys.

Symptoms.—Acute rheumatic pains across the loins, great pain on attempting to stoop, or, after stooping, to regain the erect posture; more or less fever.

TREATMENT.

Diet, etc.—See “*Indigestion.*”

The treatment of the pain, in whatever part it is situated, is the same, whether it is in the loins or across the shoulders.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Bryonia*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*.

Aconitum Napellus, for the fever at the commencement of the attack. Chills, followed by flushes of heat; dry, burning skin; headache; flushed face; dry, coated tongue; thirst; confined bowels. Scanty, dark-red, hot urine; this is thick, or clear and depositing a copious sediment on standing.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours, until the fever abates.

Belladonna, in cases where the patient has feverish symptoms of a low, typhoid description, in place of the active inflammatory type indicative of *Aconite*. The brain symptoms are often very marked. Painful stiffness, or swelling and painful stiffness, in the nape of the neck. *Belladonna* is less indicated by its back symptoms than by the above-mentioned ones.

DOSE.—See *Aconitum Napellus*. Repeat after an interval of six hours.

Bryonia, for aching pains, with inability to stand upright, obliging the sufferer to walk stooping,

made worse by the least movement. *Bryonia* may be given alternately with *Rhus Toxicodendron*. It may be stated, as a general rule, that it is better to give *Bryonia* alone in the first instance, and if, afterwards, it altogether or partially fails to relieve the pains, to give *Rhus Toxicodendron* by itself.

DOSE.—Same as for *Aconite*. Repeat every six hours, or, alternately with *Rhus Toxicodendron*, every other three or four hours.

Mercurius is indicated by pains in the loins, accompanied by the other symptoms already given in the article on "*Rheumatism*," profuse night sweats, without relief, coldness of the affected parts, etc. In individuals of bilious, hæmorrhoidal temperament.

DOSE.—Same as for *Aconitum Napellus*. Repeat every six hours, or on alternate four hours, with *Bryonia*.

Nux Vomica, for individuals of irritable and bilious temperament, inclined to constipation, and affected by dyspeptic sufferings. The pains are excited, or aggravated, by indigestion, by coffee, and by indulgence in stimulants. Dragging, pressing, paralytic-feeling, pains, as from over-exertion, or a bruise.

DOSE.—See *Aconite*. Repeat every four hours, four times.

Pulsatilla, for pains in the back of mild-tempered lymphatic females, subject to discharges from the mucous membrane; or the sudden cessation of the catamenia; before or during the monthly period, when it may be advisable to take it in

alternation with *Bryonia*, *Chamomilla*, *Rhus Toxicodendron*, etc. The pains indicating this remedy are worse in the evening, in bed, and in a warm room. Aggravation of the pain causes paleness of the face, and shivering.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours; or every alternate three or four hours with another remedy.

Rhus Toxicodendron, in obstinate cases of lumbago, where *Bryonia* fails to afford relief. This remedy is, perhaps, with the exception of *Aconite*, the most deserving of notice, in the author's opinion, of all the homœopathic remedies for this affection. The fever indicative of *Rhus Tox.* is of a low typhoid description.

DOSE.—See *Aconite* and *Bryonia*.

PAINS IN THE LOINS AFTER A STRAIN OR FALL.

Arnica Montana.—This remedy should be used for pains in the loins, soon after a strain or fall on the back. See, further, the articles on "*Casual Complaints*," "*Sprains*," "*Bruises*."

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat every four hours, four times.

EXTERNAL APPLICATION.—One teaspoonful of the strong tincture, to four or six tablespoonfuls of water. Apply the rag, wet with this lotion, to the loins, and cover with oil-silk, and a thick flannel bandage.

DROPSY.

(*Ascites, Anasarca.*)

General Remarks.—There are two distinct varieties of this disease; namely, dropsy of the subcutaneous cellular tissue (anasarca), and dropsy of a serous cavity, as of the bowels (ascites). The causes of this disease are numerous, and are subsequently treated of. It may be briefly stated here, that the suppression of any secretion, or discharge, may give rise to one or other variety of this serious affection. It may be stated, as a rule, that dropsy (ascites) is always a very serious, very often fatally-ending, malady, requiring all the skill of the professional homœopathist for its cure, whilst anasarca is one of far less severity and danger, if it be not a symptom of a break up of the system.

Characteristics. — The two above-mentioned varieties of dropsy may be present coincidently in the same individual; this, however, is only the case in the more dangerous cases. Dropsy is an abnormal, often excessively large, collection of the secretion of a serous sac. Dropsy, then, may occur wherever such a sac is present, *e.g.* in the peritoneum (the serous enveloping sac of the intestines), as dropsy of the bowels (ascites); in the pericardium (the serous envelope of the heart), as hydro-pericarditis or dropsy of the heart; in the serous sacs of the joints (knee, ankle, etc.); in the chest (hydrothorax); in the serous envelope of the brain (hydrocephalus); and in that of the testicles (hydrocele).

TREATMENT.

The above-mentioned varieties of this disease not only require the mature medical skill of the professional homœopathist, but often, in numerous cases, his surgical skill as well.

I shall confine the treatment in this place to a notice of those homœopathic remedies, the exhibition of which is most likely to be attended by an alleviation of the patient's sufferings.

Remedies.—*Acidum Nitricum*, *Aconitum Napellus*, *Aurum*,* *Apis Mellifica*,* *Arsenicum Album*, *Belladonna*, *Bryonia*, *Calcarea Carb.*, *Chelidonium*,* *China*, *Chininum Sulphuricum*,* *Digitalis*,* *Ferrum*,* *Helleborus*, *Mercurius*, *Sulphur*.

Acidum Nitricum, in cases where the dropsy is combined with a state of the liver indicative of this remedy. Especially in patients whose livers have been previously abused by the allopathic administration, to the extent of salivation, of *calomel*, or *blue pill*. The dose is susceptible of great and advantageous modification.

Dose.—One drop of the tincture, two pilules, or three globules, in a little water. Repeat every four hours, or morning, noon, and night.

Aconitum Napellus is of little value in this affection. Dr Haupel, however, recommends its ad-

* The medicines marked with an asterisk are not included in the original 45 of previous editions. They can, of course, be procured separately from a homœopathic chemist. They are contained in the list of "*Additional Remedies*" immediately following the other.

ministration in cases of dropsy supervening upon the too quick disappearance of a rash, or on the sudden retrocession of a sweat. It may be worth trying in similar cases at the commencement.

DOSE.—See *Acidum Nitricum*.

*Aurum** has cured both dropsy and anasarca, the first from diseased liver, the latter after scarlatina, ague, etc.

DOSE.—See *Acidum Nitricum*.

*Apis Mellifica** is spoken favourably of by various homœopathic writers, for dropsy of the bowels, chest, etc., suppression of urine, thirst, and dry, hot skin.

DOSE.—See *Acidum Nitricum*.

Arsenicum Album is a valuable remedy in many cases of œdema and dropsy. The general symptoms of the patient should correspond in their totality to some of those enumerated in the article on *Arsenicum*, in the *Materia Medica*, at the end of this work. This symptom may supervene upon intermittent fever (ague), with which *Arsenicum* is in homœopathic rapport. See, in the Appendix, the article upon “*Intermittent Fever, Ague.*”

DOSE.—See *Acidum Nitricum*.

Belladonna may be useful in cases of dropsy, with enlarged glands, in scrofulous patients.

DOSE.—See *Acidum Nitricum*.

Bryonia is recommended for dropsy and œdema, from the repelling of a (perhaps critical) perspira-

* See “*Note*,” page 263.

tion, or of an inflammatory rash. The appearance of the affected part, probably a joint, the tenderness, and the character of the pain, should correspond to the properties of this remedy. See the article on "*Bryonia*," in the *Materia Medica*.

DOSE.—See *Acidum Nitricum*.

Calcarea Carbonica is useful in some cases of chronic ascites. Such cases, however, are not suited to domestic treatment; consult a skilful professional homœopathist.

DOSE.—Same as for *Acidum Nitricum*.

*Chelidonium Majus** is a useful remedy in many early complaints of children, where the liver is primarily affected. Dropsy may supervene upon a bilious attack in a child, and may yield to this medicine.

DOSE.—Same as for *Acidum Nitricum*. *Children*, half of the mixture prescribed for an adult, for a dose.

China and *Chininum Sulphuricum* do good service in cases of dropsy and anasarca which have been preceded by intermittent fever. See "*Intermittent Fever, Ague*," in the Appendix.†

DOSE.—See *Acidum Nitricum*.

*Digitalis** is an excellent remedy in very many cases of dropsy. This drug can only be depended on to cure dropsy, when it is in homœopathic rapport with that disease. It is empirically used, in unnecessarily large and, often, very hurtful doses,

* See "Note," page 263.

† "Appendix" to the "*Homœopathic Family Instructor*," on the "*Diseases of the British Possessions*," by Richard Epps, Surgeon, etc.

for dropsy, by allopathists. It may be required in all varieties of this disease,—anasarca, ascites, hydrothorax, etc. Its curative action is evidenced by an increased flow of urine.

DOSE.—Same as for *Acidum Nitricum*.

*Ferrum** is required in certain cases, especially of females, weakened by loss of blood by flooding (anæmia), etc.

DOSE.—See *Acidum Nitricum*.

Helleborus, for dropsy of the serous membranous sac of the brain (hydrocephalus). Especially if it supervene upon the disappearance of a rash, sweat, etc. The brain symptoms should correspond with those enumerated in the article on *Helleborus*, in the *Materia Medica*.

These cases are of serious importance, and must not be trifled with; professional homœopathic advice must be at once procured.

DOSE.—Same as for *Acidum Nitricum*. In some cases, a teaspoonful of the above mixture is sufficient.

Mercurius will remove dropsy, dependent upon a condition of the liver to which it is homœopathic. Jaundice, too pale stool, scanty, foul urine, etc. See the article on *Mercurius*, in the *Materia Medica*. *Mercurius* is not indicated if it has been previously administered allopathically.

DOSE.—See *Acidum Nitricum*.

Sulphur, for œdema following upon certain skin affections.

DOSE.—Same as for *Acidum Nitricum*. Repeat every four hours.

* See "Note," page 263.

HEADACHE.

Determination of Blood to the Head, etc.

General Remarks. — This affection, in long-standing cases, should be treated by a professional homœopathist.

There are, it is evident, two distinct kinds of headache, namely, the habitual or constitutional, if the term be allowable, headache, of persons predisposed to its attacks, and the headache that is an incidental symptom of disease, whether of typhus, apoplexy, etc., or of dyspepsia, common catarrh, and other affections of less importance.

Headache is considered in these pages under different headings, according to its accompanying symptoms; for instance, "*Headache from Congestion of the Head*," (commonly called "*Determination of Blood to the Head*"); "*Headache from Constipation, or Dyspeptic Headache*;" "*Rheumatic Headache*;" "*Catarrhal Headache, or Headache from a Cold in the Head*;" "*Sick Headache*;" "*Accidental Headache*;" and, lastly, "*Nervous Headache*," which especially affects females.

Causes.—The following are some of the most frequently met with:—Irregularities of diet, or a surfeit. Indulgence in spirituous liquors and other stimulants. Over-use of the brain; mental emotions, fright, excessive joy, or anger. A cold in the head, and catarrhal fever. A constipated condition of

the bowels. In children, teething. In females, disordered menstruation.

Symptoms.—The characteristics of headaches, and the symptoms associated with the latter, are too numerous to more than allude to; for the reason that a *headache* may be present in nearly every disease to which man is liable. Perhaps the most common symptoms are:—Congestion of the head and neck; the pulsations of the arteries are often felt distinctly by the patient. Heaviness of the head. Headache, principally over the eyes, caused, or made worse, by moving, stooping, and coughing. Giddiness. The patient wakes unrefreshed by sleep, and is constantly sleepy.

TREATMENT.

Diet and Hygiene.—This depends altogether upon its cause. If indigestion be the cause, correct any errors in diet,—see “*Indigestion.*” Take plenty of out-of-door exercise. Cold bathing in the morning, and putting the feet in hot water at bedtime, afford great temporary relief to an over-excited or congested brain.

HEADACHE FROM CONGESTION OF THE HEAD.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Bryonia*, *Mercurius*, *Nux Vomica*, *Opium*, *Pulsatilla*, *Rhus Toxicodendron*.

Aconitum Napellus, for violent, compressive,

stupifying headache; burning pain in the brain, red eyes, red and bloated face, with general fever, *malaise*, and thirst.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours.

Belladonna, for pains as though the brain were too large for the skull, and as though the brain-substance must be forced out through the forehead, or side of the head. Hot head and cold feet. A sense of fluctuation, as of water in the head. Violent throbbing, especially of the large bloodvessels of the neck.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one for a dose. Repeat in four or six hours' time; or give a teaspoonful of the mixture every half-hour of the paroxysm.

Bryonia, for pains made worse by any movement, and by touch, especially if rheumatic pains are felt in other parts of the body. The headache is caused by heat, and by bad weather. Shooting pains, especially on one side only.

DOSE.—See *Aconite*. Repeat every three, four, or six hours; or alternately, every two or three hours, with *Rhus Toxicodendron*.

Mercurius, for a feeling as though the head were compressed by a band. Pains of one side only, extending to the jaws and teeth. Bone-pains of the skull. Pains made worse by warmth, as of the bed, or by hot and cold things. Also, headache accompanied by night sweats, which do not afford any relief.

DOSE.—See *Aconite*. Repeat every four or six hours.

Nux Vomica, for headache caused by indigestion, with confined bowels, in irascible individuals of firm fibre and of dark complexion. A pain as if a nail were driven into the head. Headache in the morning, after unrefreshing sleep. The brain feels bruised. Over-indulgence in coffee.

DOSE.—Same as for *Aconite*. Repeat every three or four hours.

Opium, for determination of blood to the head, with constipation characterized by a total absence of urging to stool. The face is flushed, and the patient feels heavy and stupid, as though he were only partly conscious.

DOSE.—Same as for *Belladonna*. Repeat in a like manner.

Pulsatilla, for headache caused by indigestion, after eating fat pastry or fat pork (see *China*). Individuals of phlegmatic temper and lymphatic constitution, especially females. Headache, with disordered menstruation.

DOSE.—Similarly to *Nux Vomica*.

HEADACHE FROM CONSTIPATION, DYSPEPTIC HEADACHE.

Remedies.—*Antimonium Crudum*, *Arnica Montana*, *Bryonia*, *Lachesis*, *Lycopodium*, *Mercurius*, *Nux Vomica*, *Opium*, *Pulsatilla*, *Sepia*, *Silicea*, *Sulphur*.

Antimonium Crudum is indicated in cases where the headache is associated with symptoms of gastric

derangement and weakness of the digestive organs ; with diarrhoea, general weakness, and even emaciation. The headache is better out of doors, and is aggravated when going up stairs (see "*Indigestion*").

DOSE.—Three globules, two pilules, or one drop of the tincture, in a 'dessertspoonful' of water. Repeat after an interval of six hours, or morning, noon, and night.

Arnica Montana is only indicated in cases where the gastric symptoms point to its employment.

Mechanical injuries,—as a blow on, a fall upon, or compression of, the stomach may give rise to symptoms calling for *Arnica* ; in these cases, dizziness and pain in the forehead and temples, and vomiting, perhaps of blood, from the injured stomach, are prominent ones.

DOSE.—Same as for *Antimonium Crudum*. Repeat every four or six hours.

Bryonia, for rheumatic headache, or the headache of persons of a rheumatic habit of body ; with bilious-looking coated tongue, nausea, disgust or dislike for food, and pains aggravated by the least motion.

DOSE.—Similarly to that of *Ant. Crudum*. Repeat every four hours, until better ; after which, repeat every six hours.

Lachesis and *Lycopodium*, in cases where the patient is bilious (jaundiced) looking, has cutting pains on the top of the head, determination of blood to the head, and is of a complaining disposition. In chronic cases, with diseased liver and weakness of

the abdominal glandular system. These two remedies are here prescribed in alternation.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, of each remedy, *separately*, in three dessertspoonfuls of water, and take one dessertspoonful for a dose on alternate four or six hours.

Mercurius, for bilious headaches, with symptoms of jaundice; the pains are similar to those of *Mercurius* already given, under the heading of "*Headache from Congestion of the Head.*"

DOSE.—Same as for *Mercurius*, above. Repeat morning, noon, and night, or every four, five, or six hours.

Nux Vomica, *Opium*, *Pulsatilla*.—See the indications for, and symptoms of, these remedies under the heading of "*Headache from Congestion of the Head.*"

DOSE.—See "*Congestion of the Head.*"

Sepia, for the chronic headache of females of delicate organization, in cases where the *physique* of the patient, in a recent acute attack, would appear to call for *Bell.* or *Puls.* Both the head and stomach symptoms, in most of these cases, are sympathetic with a state of the womb requiring professional skill.

DOSE.—See *Lachesis* and *Lycopodium*.

Silicea, for beating pains from the nape of the neck to the top of the head; splitting, pressing pain in the head, with restlessness.

DOSE.—See *Lachesis*.

Sulphur, in chronic cases, in individuals of hæmorrhoidal temperament, where *Nux Vomica* has been administered, yet has failed to relieve the symptoms.

DOSE.—See *Antimonium Crudum*. Repeat morning, noon, and night, for three days.

RHEUMATIC HEADACHE.

Remedies. — *Aconitum Napellus*, *Bryonia*, *Rhus Toxicodendron*.

Aconitum Napellus, if there be general feverishness; restlessness, tenderness to touch, flushed face, congestion and burning heat in the head; headache in the first stage of rheumatic fever.

DOSE.—See above, “*Congestion of the Head*.”

Bryonia, for headache excited or aggravated by every movement, and by changes of weather, with shivering or flushes of heat. Administer *Bryonia* in alternation with *Rhus Toxicodendron*.

DOSE.—See above, “*Congestion of the Head*.”

Rhus Toxicodendron.—See above, this remedy, in “*Congestion of the Head* ;” also the last-mentioned remedy (*Bryonia*).

CATARRHAL HEADACHE.

Remedies. — *Aconitum Napellus*, *Belladonna*, *Chamomilla*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

Aconitum Napellus. See “*Congestive and Rheu-*

matic Headaches," and the articles on "*Cold in the Head, Coryza*."

Belladonna is indicated in certain forms of catarrhal headaches, especially of females, and of persons having, what may be described as the *Belladonna* temperament (see the "*Materia Medica*," article "*Belladonna*"). Stupifying headache, chiefly in the forehead, as if it were about to split.

DOSE.—See "*Congestion of the Head*."

Chamomilla, for the catarrhal headache of infants and females, previously to the administration of *Coffæa*, *Belladonna*, *Mercurius*, or *Nux Vomica*. Stitching headache, with drawing, tearing pains in one half of the head. One cheek is red, the other pale.

DOSE (*Adults*).—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat after an interval of three, four, or six hours.

Infants.—One teaspoonful of the dose ordered above for an adult, or one or two globules, dry, upon the tongue.

Mercurius, alone, is sufficient for the relief of a large class of catarrhal headaches, in cases where there are present some of the following symptoms,—headache as if the head were about to fly to pieces; or oppressive, constrictive headache, as though something was tied round the head; headache, worse when warm in bed at night. A profuse flow of acrid, watery discharge from the nose. Pains felt in the bones of the head and face.

DOSE.—See above, "*Congestion of the Head*."

Nux Vomica, for headache, as though a nail were being driven into the skull; or, when thinking, as though the skull would fly to pieces. The headache is excited, or is made worse, by eating, by motion, by stooping, by wine and other stimulants, by coffee, by brain-work, on moving the eyes, and early in the morning (about three or four o'clock). The head (nostrils and frontal sinuses) is stopped up in the evening, but runs (discharges) during the day. The bowels are constipated. *Nux Vomica* comes well after *Aconite* and before *Mercurius*, and it is often alternated, advantageously, with the latter remedy.

DOSE.—See “*Congestion of the Head.*”

Pulsatilla, in cases where the temperament of the patient corresponds to that indicative of its use. (See, further, *Materia Medica.*) The symptoms of the headache closely resemble those of *Nux Vomica*, but it is worse in the evening and at night. There is a thick, purulent, greenish discharge from the head during the day, and stoppage of the nostrils in the evening. *Pulsatilla* may require to be alternated with *Mercurius* or *Chamomilla*, and it comes well after the latter remedy.

DOSE.—See above, “*Congestion of the Head.*”

Sulphur is indicated after the cold has been nearly cured by the use of *Mercurius*. The bowels are constipated. It may be given in alternation with *Nux Vomica*.

DOSE.—See above, “*Headache from Constipation,*” etc.

SICK HEADACHE.

Remedies. — *Belladonna*, *Hyosciamus*, *Ignatia*, *Ipecacuanha*, *Sepia*, *Silicea*, *Sulphur*.

Belladonna. — See “*Catarrhal*,” “*Congestive*,” and “*Nervous*” *Headaches*.

DOSE.—See “*Catarrhal Headache*.”

Hyosciamus. — See “*Nervous Headache*.”

DOSE.—See “*Nervous Headache*.”

Ignatia. — See “*Nervous Headache*.”

DOSE.—See “*Nervous Headache*.”

Ipecacuanha, for an inability to retain anything on the stomach, everything taken is at once vomited. Violent retching, empty, or of bile and phlegm, with straining, bursting, pains in the head.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Give one dessertspoonful for a dose. Repeat, if necessary, after an interval of from five to six hours.

Sepia. — See “*Nervous Headache*.”

DOSE.—See “*Nervous Headache*.”

Silicea. — See “*Dyspeptic*” and “*Nervous*” *Headaches*.

DOSE.—See the above “*Headaches*.”

Sulphur. — In chronic cases, after other *homœopathic* remedies have failed to afford relief, or as an intermediate remedy. In individuals of the irritable bilious temperament of *Nux Vomica*.

DOSE.—Same as for *Ipecacuanha*. Repeat every morning and evening, for a week; or only repeat for one day, then wait a day, and afterwards resume the previously-administered medicine.

ACCIDENTAL (OCCASIONAL) HEADACHE.

Headache, from *Fatigue* (mental or physical),—*Lachesis*, *Lycopodium*, *Nux Vomica*, *Sulphur*. See, further, the article on "*Fatigue*."

Headache, from *Passion* and *Annoyance*,—*Chamomilla*, *Colocynthis*.

Headache, following *Want of Sleep*, or *Fatigue*,—*Cocculus*, *Carbo Vegetabilis*, *Lachesis*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

Headache, from *Grief*,—*Ignatia*, *Pulsatilla*. (See "*Affections of the Head*.")

Headache, after *Indulgence in Table Pleasures*,—*Nux Vomica*, *Lachesis*.

Headache, after *Drinking Coffee*,—*Chamomilla*, *Ignatia*, *Nux Vomica*.

Headache, at *Changes of Weather*,—*Bryonia*, *Rhus Toxicodendron*. (See "*Rheumatic Headache*.")

Headache, the result of *Mechanical Injury* to the *Head* and *Stomach*,—*Arnica Montana*, *Belladonna*, *Bryonia*.

NERVOUS HEADACHE.

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Belladonna*, *Chamomilla*, *Coffæa*, *China*, *Colocynthis*, *Hepar Sulphuris*, *Hyosciamus*, *Ignatia*, *Mercurius*, *Pulsatilla*, *Sepia*, *Sulphur*.

This headache principally affects females. Anxious and suffering looking, pale face, and cool head. The patient is hysterical, hypochon-

driacal, nervous, and low-spirited. A characteristic symptom of nervous headache, is a feeling as though a nail were being driven into the head.

Aconitum Napellus, for the headache of this class of patients,—after a cold, with general feverishness, restlessness, irritability, and scanty, hot urine (compare the already described varieties of headache).

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat, if necessary, after an interval of four hours.

Arsenicum, for headache that is worse indoors and that is relieved by going into the open air. *Arsenicum* causes a dull, heavy pain in the head, or a painful tightness of the head, or pulsation of the head. These pains may affect one side only of the head. The return of the pain at regular intervals would be an additional indication for this remedy. Violent nervous affections of debilitated females.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Take one for a dose. Wait six hours.

Belladonna.—See, above, “*Catarrhal*” and “*Congestive Headaches*.” A feeling of fluctuation as of the movement of water in the brain. The pain may become so acute as to produce delirium.

DOSE.—See *Arsenicum*. Wait six hours.

Chamomilla.—See, above, “*Catarrhal Head*”

ache." One cheek is red, and the other pale; irritable temper; bruised feeling of the brain; flushes of heat; beating (pulsation) on one side of the brain.

DOSE.—*Aconitum Napellus*. Repeat after an interval of four, five, or six hours. *Infants*.—A teaspoonful of the adult's mixture.

Coffæa, for the easily-excited headache of very nervous females and children; with a pain as though a nail were being driven into one side of the skull. Semi-lateral head pains.

DOSE.—See *Chamomilla*.

China, for headache recurring at regular intervals, in low-spirited, easily-excited females, having small, weak, rapid pulse; after a drain on the system of any of the fluids,—*e.g.* of blood, during labour, or at the mouth, or from the nose (epistaxis), or by vomiting; or a profuse or long-continued leucorrhœal discharge. Consult, in this class of cases, a homœopathic practitioner.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat after an interval of six hours; or morning, noon, and night, for a week.

Colocynthis, for violent, digging, tearing pains; semi-lateral headache, with nausea and vomiting. The eyes may be affected in connexion with the head pains.

DOSE.—See *Arsenicum*. Repeat after an interval of from four to six hours, according to the amelioration of the pain.

Hepar Sulphuris, for pains in the scalp and head,

after the abuse of *Mercury*. Boring headache, as from a nail in the head; ulcerative pain above the eyes.

DOSE.—Same as for *Aconite*. Repeat every six hours, or morning, noon, and night, for a week.

Hyosciamus, for the headache of hysterical females. (See the article on "*Hysterics (Hysteria)*," and on "*Head Affections, Effects of Grief, etc.*").

DOSE.—See the above-mentioned articles.

Ignatia, for a painful sensation, as though a nail were driven into the brain, with feeling of sickness, with pale face, and large secretion of watery urine. In easy-tempered females (in place of *Nux*), who are disposed to tears, after *Chamomilla* and *Pulsatilla*. Headache from tobacco-smoke.

DOSE.—See *Aconite*. Repeat after an interval of four, or six, hours.

Mercurius, for pains in the bones of the skull, especially the frontal bone, and bones of the nose and cheeks. Tearing pains in one half of the head. The head feels as though it must burst, from too great fulness, or as though it were confined by a bandage. The pains are aggravated by touch, by the warmth of the bed at night, by hot and cold substances. Profuse sweats at night, giving no relief.

DOSE.—Same as for *Aconitum Napellus*. Repeat every six hours, or morning, noon, and night.

Pulsatilla, for the headache of females, and of all persons of phlegmatic disposition, of easy and tearful disposition, and who are troubled with discharges

from the mucous membranes. In the headache of females, from menstrual suppression. Tearing and other pains, worse in the evening, and during rest, relieved by the pressure of a handkerchief tied tightly round the head, and by going into the open air.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Sepia, for headache, and pains in the temples, with great sensitiveness to touch, increased by any movement of the head; also with feeling of sickness. The pain is aggravated by bright daylight, and is relieved by rest in the dark. The headache of *Sepia* is generally associated with a deranged condition of the womb.

DOSE.—Same as for *Arsenicum*. Repeat similarly.

Sulphur.—See "*Sick Headache*."

DOSE.—Same as for Sick Headache.

TIC DOULOUREUX.

(*Faceache*,—*Nerveache*.)

General Characteristics.—*Tic Douloureux* is a purely nervous faceache (neuralgia of the face), which characteristic distinguishes it from toothache. The symptoms in a large proportion of cases, in both affections, closely resemble each other. *Tic* is an extremely obstinate and painful,

even excruciatingly so, affection ; it is not, in long-standing cases, curable by domestic treatment, but requires that of a skilful homœopathic practitioner.

Causes.—The popular definition of *Tic Douloureux* is much more comprehensive than the medical one. It may be said to include every pain, however it is excited, and of every description, which may attack the muscular and the other tissues of the face. Pains in the face may be caused by *caries* of the teeth (see the article on “*Toothache*”), or by the abuse of *Mercury* ; or they may be of a gouty or rheumatic character, or they may be altogether nervous (true *Tic*).

TREATMENT.

Diet and Hygiene.—Abstain from all stimulants, coffee, tea, etc. Live simply, keep early hours, and avoid every kind of excitement. If the attacks depend upon gastric disturbances, consult, in addition, the articles on “*Indigestion*” and “*Constipation*.”

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Beladonna*, *Chamomilla*, *China*, *Colocynthis*, *Hepar Sulphuris*, *Hyosciamus*, *Nux Vomica*, *Phosphorus*.

Aconitum Napellus, for inflammatory redness, heat, and pain of the face. The pains affect one side only, and are of a creeping character. Tenderness, or soreness to touch. General feverishness, restlessness, and extreme irritability.

Dose.—Three globules, two pilules, or one drop of the tinc-

ture, in a dessertspoonful of water. Repeat the dose after an interval of two hours; or take a *teaspoonful* of the above-described mixture every fifteen minutes.

Arsenicum is indicated, like *China*, in cases distinguished by the periodical return of the attacks. The pains are burning and stitching, and intolerable. The pains are felt in the night, even in the sleep, and oblige the sufferer to get up and walk about. There is at the same time a feeling of utter prostration.

DOSE.—Same as for *Aconite*. Repeat in a similar manner.

Belladonna is indicated for the faceache of females especially, and others having fair, delicate, irritable skin, who are inclined to embonpoint and to attacks of erysipelas. The face is swollen, red, inflamed, and perhaps hard and tense. The pains are violent and cutting. The face may be convulsed, with the mouth drawn up obliquely to one ear.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and give one or two teaspoonfuls for a dose, every twenty minutes or half-hour, until the paroxysm abates, or another remedy is indicated.

Chamomilla, for twitchings of the muscles of the face, especially in children and females before *Belladonna*. Excited restlessness; drowsiness; feverishness, with coldness externally and internal heat; one cheek is flushed, and the other is pale.

DOSE.—*Adults*: Same as for *Aconite*. Repeat every three, four, or six hours. *Infants*: a teaspoonful of the above-described mixture.

China, for pains of an intermittent character, returning at regular intervals. In individuals debilitated by exhaustive discharges, who have been salivated with *Mercury*, or who have suffered from attacks of ague (but who have not taken *Quinine*), or who live in marshy districts.

DOSE.—Same as for *Aconite*. Repeat every four or six hours ; or morning, noon, and night.

Colocynthis is indicated by a violent tearing, burning, or stinging pain, especially on one side of the face ; or a pain as if a nerve of a tooth were scraped and put on the stretch. The pain is made worse by warmth and by motion.

DOSE.—See *Aconite*. Repeat every three, four, or six hours, according to the severity or abatement of the pains.

Hepar Sulphuris, for bone pains of the face, especially felt when touching them ; toothache extending to the ears, loose teeth, etc. ; in persons who have taken much *Mercury*.

DOSE.—Same as for *Aconite*. Repeat in a similar manner ; or take a dose, if *Mercury* be the cause, every morning, noon, and night, for a week.

Nux Vomica, for pricking, sticking, aching pains, excited or made worse by touch or movement. Crawling-tingling (formication) of the face, as if a number of ants were creeping about on it. The state of the digestion and of the bowels should point to this medicine. The faceache in many cases follows a fit of passion, or the eating of

indigestible food. In irritable and energetic individuals.

DOSE.—Same as for *Aconite*. Repeat after a lapse of three, four, or six hours.

Phosphorus, for tearing pains in the bones (especially those of the jaws) of the face, especially at night, when in the recumbent position. The pains are made worse, or excited, by touch, and by any movement of the cheeks, as by eating, talking, laughing, etc.

DOSE.—See *Aconite*. Repeat every four or six hours.

ACUTE INFLAMMATION OF THE EYES (OPHTHALMIA).

Symptoms.—The whole of the mucous membrane, lining the eyelids, is of a bright scarlet colour, and, in severe cases, the whites of the eyes; in the latter case, it is a less intense red. There is generally an increased flow of tears, sometimes scalding, and a purulent discharge from the eyelids. In severe cases, considerable fever, a sensation of sand or grit in the eye, and an intense aversion to light, are present. This affection is extremely liable, under unfavourable circumstances, to become chronic.

Causes.—This complaint especially attacks individuals of a scrofulous habit of body. In such

persons, exposure to too strong a light, the getting the feet wet, a north-east wind, etc., cause acute inflammation of one or both eyes. An individual once attacked by ophthalmia is thereafter much more susceptible than before to any irritation of the eyes.

For additional information upon affections of the eyes, see the articles on "*Eyes, Scrofulous Inflammation of, Strumous Ophthalmia,*" and "*Eyes, Dust or Sand (a foreign body) in.*"

TREATMENT.

Local Treatment.—Remove any grit, short hairs (eyelashes), or other foreign substances, which may be adherent to, and causing inflammation of, the mucous lining of the eyelid. If the obnoxious substance be out of reach, under the upper eyelid, the assistance of a medical practitioner, to turn up the lid sufficiently far so as to expose it, is of course required. A green, silk-covered shade should be worn, if there be sensitiveness to light. If the eyelids are found sticking together in the morning, smear them with a little simple cerate over-night.

Precaution.—All who are predisposed to this affection should guard against its attacks during *east* and *north-east* winds; females can do this by the wearing of a veil, and males by the use of spectacles (goggles) made for the purpose, or, what is better, by the employment of the "*occhiumbra,*" which does not so much heat the eyes as spectacles do.

Diet.—In severe cases a strictly low diet is required. Avoid all fermented beverages, and coffee, etc.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Arsenicum*, *Belladonna*, *Euphrasia*, *Hepar Sulphuris*, *Ignatia*, *Mercurius*, *Acidum Nitricum*, *Nux Vomica*, *Pulsatilla*.

Aconitum Napellus is required at the commencement of an attack, in cases where there is considerable fever, also at a more advanced stage as an intermediate remedy.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours.

Arnica Montana, if the inflammation be caused by a blow, or by the presence of a foreign body in the eye. The symptom indicating *Arn. M.* is the sensation of a bruise, whatever may be the exciting cause.

Dose.—See *Aconite*. Repeat every four hours; or, every other three hours, alternately with *Aconite*.

ARNICA LOTION.—A teaspoonful of the concentrated tincture to ten tablespoonfuls of water.

Arsenicum is a valuable remedy in *very severe* cases of ophthalmia, when there is an intolerable burning pain in the eyeball. The intolerance of light, even in imagination, is excessive. *Ars.* is valuable if disorganization of the substance of the eyeball be imminent. These cases require the treatment of a professional homœopathist.

Dose.—See *Aconite*. Repeat every four or six hours, three times.

Belladonna, for intolerance of light, scarlet redness of the eyes and eyelids; contracted pupils; profuse flow of scalding tears; headache, with pains in the eyes extending into the brain.

DOSE.—See *Aconite*. Repeat every four or six hours.

Euphrasia is indicated in cases where the inflammation of the eyes is a symptom of a severe cold in the head, with a profuse watery or mucous discharge from the nostrils, and severe headache. The inflamed eye is of a pale red or rose colour, rather than of a scarlet, like that needing *Belladonna* or *Aconite*; there is a profuse flow of burning, corrosive tears, increased by cold air, and discharge of mucus, and great intolerance of light. Inflamed and ulcerated eyelids (edges).

DOSE.—See *Aconite*. Repeat every four or six hours.

Hepar Sulphuris is rather indicated in cases of chronic than acute inflammation of the eyes, or where the symptoms of an acutely *painful* description have been relieved by the administration of *Aconite*, *Belladonna*, *Euphrasia*, etc. See, further, the article on "*Eyes, Scrofulous Inflammation of.*"

DOSE.—Same as for *Aconite*. Repeat every six hours; or, morning, noon, and night.

Ignatia is of little or no use for active inflammation of the eyes. It will, however, give relief from intolerance of light, with profuse flow of tears, occurring in the course of a severe cold in the

head; in individuals (especially females) of nervous hysterical temperament.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat every four hours.

Mercurius, for a sensation of sand and of pricking pains in the eyes, excited or aggravated by using them; morning flow of tears; sticking together of the eyelids; ulceration of the edges of the eyelids; redness and swelling of the eyelids.

If the reader be undecided in choosing between *Mercurius* and *Belladonna*, or *Mercurius* and *Hep. Sulphuris*, he may alternate advantageously this remedy with whichever of the others he thinks is to be preferred.

DOSE.—See *Aconite*. Repeat every four or six hours, or on alternate four hours with *Hepar Sulphuris* or *Belladonna*.

Acidum Nitricum is a useful remedy in cases where *Mercury* has been taken to excess (salivation), in individuals, to speak generally, of the *Nux Vomica* temperament,—of firm muscular fibre, with, often, excessive thinness, weakness, and weariness. The symptoms are worse towards evening. Painful pressure in the eyes, as from ulcers; smarting, burning pains extending into the temples; suppuration of the eyes; spots on the eyeball (cornea); corrosive discharge; profuse flow of tears; dimness of sight, especially when reading.

DOSE.—See *Aconite*. Repeat every six hours; or, morning, noon, and night.

Nux Vomica is a good remedy in *slight* cases of

inflammation of the eyes, accompanied by a bad taste in the mouth, foul tongue, distention and spasm of the stomach, constipation, and other symptoms of indigestion or weak stomach. The temperament of the patient should correspond to that which *Nux Vomica* is suited to—the energetic, muscular, and irritable. Itching, pricking, tingling, burning pains in the eye; sense of sand in the eye; flow of salt tears. The symptoms are worse early in the morning.

Dose.—Same as for *Aconite*. Repeat every six hours, and at bedtime.

Pulsatilla is indicated in the ophthalmia of individuals having an opposite temperament to that of *Nux*, namely, the gentle, retiring, and lymphatic (leuco-phlegmatic). The painful symptoms of the eyes,—the pricking, darting pains in the eyes, the profuse flow of corrosive, scalding tears, intolerance of light, etc., are worse in the evening, on looking at a light, and, at first, in the open air.

Dose.—See *Aconite*. Repeat every six hours.

SCROFULOUS INFLAMMATION OF THE EYES.—STRUMOUS OPHTHALMIA.

General Remarks.—This affection principally affects young, scrofulous children.

Symptoms.—Swelling of the eyelids; profuse

secretion of scalding tears; intense aversion to light; and redness of the lining mucous membrane of the eyelids. The patient may have enlarged glands in the neck; swollen joints; abscesses caused by diseased bone, etc.

TREATMENT.

Professional homœopathic advice is always required for the successful treatment of this affection. This is dietetic, hygienic, and medicinal; the last is especially directed to the peculiar habit of body of the patient.

Diet and Hygiene.—The diet should be light, nutritious, and not too stimulating, whilst the eyes are sensitive to the light. The sight should be exercised (by reading, writing, needlework, etc.), as little as possible, if at all. Seaside air and a fish (fresh, not salt) diet, are very beneficial adjuncts to the medicinal treatment of a long-standing case of scrofulous inflammation of the eyes.

Remedies.—*Arsenicum*, *Calcarea Carbonica*, *Hepar Sulphuris*, *Mercurius*, *Acidum Nitricum*, *Pulsatilla*.

Arsenicum, for insupportable burning pain in the eyeball. In very bad cases, where other remedies fail to give any relief.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat after an interval of six hours.

Calcareo Carbonica, for redness of the eye, and a copious mucous secretion from the eyelids. Itching, burning, cutting pains, made worse by using the eyes, by reading, etc., and by artificial light in the evening. Profuse flow of tears, in the open air. In cases where the patient has enlarged glands in the neck.

DOSE.—Same as for *Arsenicum*. Repeat every evening for a week.

Hepar Sulphuris.—The eyes and eyelids are red and inflamed; they are tender to touch, as if they were bruised. Profuse flow of tears, and sticking together of the eyelids at night.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours, or on alternate four hours with *Mercurius*.

Mercurius, for cutting pains, and feelings of sand in the eyes; redness and congestion of the eyes. Pustules on, and ulceration of, the eyelids. Great sensibility to catarrhal inflammation of the eyes.

DOSE.—See *Hepar Sulphuris*. Repeat in a similar manner.

Acidum Nitricum, in bad cases, where other remedies fail to give relief. *Ac. Nitr.* may be alternated, advantageously, with *Ars.*, or *Calc. C.* Great swelling of the eyes and eyelids, with suppuration. Excessive pains, with profuse flow of tears, in the eyes; also pains in the bones of the orbit, and temples.

DOSE.—Same as for *Arsenicum*. Repeat in like manner, or on alternate four hours, with that remedy or *Calcareo Carb.*

Pulsatilla is the most often indicated remedy for this affection, in *domestic practice*. The symptoms of *Pulsatilla* are worse in the evening. See, further, in the "*Materia Medica*," the division on the properties of "*Pulsatilla*," sub-division "*Eyes*." *Pulsatilla* should commence the treatment, or follow immediately after *Aconite*.

DOSE.—See *Hepar Sulphuris*. Repeat every four hours, three times, then, if the improvement continue, wait six hours and repeat.

CONTINUAL FLOW OF TEARS—WATERY EYES.

A superabundant flow of tears may be only an incidental symptom of some affection of the eyes already described (see "*Acute Inflammation of the Eyes*," etc.). As a complaint *per se*, more commonly one eye only is affected. These cases very often require surgical, as well as homœopathic medicinal, treatment; if, however, it be dependent upon weakness of the organ, the administration of *Euphrasia* may afford relief. If this remedy do not remedy the condition now under consideration, or ameliorate it considerably, within ten or fourteen days, the patient had better lose no time in consulting a homœopathic surgeon.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Give one dessertspoonful of this mixture for a dose, morning, noon, and night, for a week or ten days.

EYELIDS, INFLAMMATION OF THE EDGES OF (OPHTHALMIA TARSI).

General Remarks.—This is an obstinate disease, and the more so if it be of long standing. It is an inflammation of the glands (meibomian) of the eyelids. These glands pour out increased quantities of their secretion; this becomes hardened during the night, and causes the sticking together, in the morning, of the margins of the eyelids. The forcible separation of the eyelids, in the morning, tears away the eyelashes, and gives rise to ulceration at their roots. The continued irritation keeps up, and increases, all the painful and troublesome symptoms of this affection.

Causes.—All are liable to this affection; individuals of a scrofulous habit of body are, however, the more often affected by this local inflammation than others.

Symptoms.—These are,—swelling, redness, and soreness of the eyelids, with more or less heat of the parts, and a good deal of smarting, itching, irritation, of these parts, causing the individuals so affected to rub, and even to scratch, the margins of the eyelids. Some, and in bad cases, all of the eyelashes fall out.

TREATMENT.

Local Applications.—Apply, over-night, to edges

of the eyelids, a little *simple* cerate, made of lard and sweet oil. If the eyelids, in the morning, stick together, entirely or partially, do not force them apart, as the doing so pulls out the eyelashes, and gives rise to ulcerations at their roots, but carefully bathe and foment them with warm water, or milk and water.

Diet.—Same as for fever, if there be fever; otherwise, simple and nutritious.

Remedies. — *Aconitum Napellus*, *Antimonium Crudum*, *Arsenicum*, *Belladonna*, *Calcarea Carbonica*, *Euphrasia*, *Hepar Sulphuris*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Sulphur*, *Veratrum Album*.

Aconitum Napellus, in cases where there is general fever; the eyelids are affected by every attack of catarrh. Inflammation (swelling, heat, or burning, hardness, dryness, and tenderness) of the eyelids; intolerance of light.

Dose.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat every four or six hours, according to the intensity of the symptoms.

Antimonium Crudum, for red and swollen eyelids, with irritation. *Antimonium Crudum* is indicated in cases where the state of the eyelids exists in connexion with a disordered condition of the stomach, presenting symptoms indicative of *Ant. Crudum*.

Dose.—See *Aconitum Napellus*. Repeat every six hours, or morning, noon, and night.

Arsenicum is indicated by great dryness of the

eyelids, and at the same time by great redness and burning of their lining mucous membrane. In cases where the state of the eyelids is subsidiary to the inflammation of the eyeball. (See "*Eyes, Acute Inflammation of.*")

DOSE.—See *Aconite*. Repeat morning, noon, and night.

Belladonna, for inflammation with burning itching of the eyelids; they stick together, and bleed when they are separated; their edges are turned outwards.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Calcareo Carbonica, in chronic cases, where *Sulphur* fails to produce a good effect. Fair, fat children, and females; especially after *Belladonna* or *Pulsatilla*, in the same way that *Sulphur* is indicated after *Nux Vomica*.

DOSE.—See *Aconite*. Repeat morning and evening for four days, or intermediately with *Belladonna* or *Pulsatilla*.

Euphrasia, if there be a profuse catarrhal discharge from the head, and flow of tears. The edges of the eyelids stick together at night; they are swollen, red, and inflamed, and itching (by day). See, further, and compare, *Nux Vomica*.

DOSE.—Same as *Aconite*. Repeat every four or six hours.

Hepar Sulphuris, if there be painful tenderness to the touch, as from a bruise, or like that of a raw (ulcerated) surface. Secretion of purulent matter, with sticking together of the eyelids at night. Compare with *Mercurius*; *Hepar Sul-*

phuris is often alternated, advantageously, with that remedy.

DOSE.—See *Aconite*. Repeat every six hours, or on alternate three or four hours with *Mercurius*.

Mercurius, if the eyelids are hard, swollen, and difficult to open; ulceration of, and pustules on, the mucous membrane lining the eyelids; the eyelids are turned outwards, exposing their inflamed lining.

DOSE.—See *Aconite*. Repeat the same as for *Hepar Sulphuris*.

Nux Vomica, for cases with cold in the head, or with a disordered digestion, with constipation. Headache, with heat in the head; the *eyelids stick together towards the morning*. After *Euphrasia*, if that remedy be insufficient.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Pulsatilla, for inflammation of the eyelids, and of their margins; styes on the margins of the eyelids; secretion of mucus and matter; the *eyelids stick together towards night*. *Pulsatilla* is especially indicated in individuals possessed of the habit of body suited to its action. Vide "*Materia Medica*," on *Pulsatilla*.

DOSE.—See *Aconite*. Repeat every four or six hours.

Sulphur, after *Aconite*, *Mercurius*, or *Nux Vomica*. Burning inflammation, with redness, of the eyelids; mucous and purulent secretion.

DOSE.—See *Aconite*. Repeat every six hours; or morning, noon, and night, for a week.

Veratrum Album, for great heat and feeling of dryness of the eyelids; intolerance of light; excessive flow of tears.

DOSE.—Same as for *Aconite*. Repeat every four hours.

DUST OR SAND (A FOREIGN BODY) IN THE EYE.

Treatment.—This depends upon the form of the irritating substance. If it be dust, the flow of tears excited by its presence is generally sufficient to effect its removal. If it be a particle of grit or iron-filing, it requires to be extracted.

The patient is to especially avoid rubbing, pressing, or touching the eye. The eye is to be bathed in a lotion of *Arnica Montana*, and the patient is, at the same time, to take it internally. Take *Aconite*, if much irritation remain, and consult the article on "*Acute Inflammation of the Eyes*."

For External Use.

ARNICA LOTION.—One teaspoonful of the tincture in ten tablespoonfuls of water.

For Internal Use.

Arnica Mont.—DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every two hours.

Aconitum Napellus.—DOSE.—See *Arnica Montana*. Repeat every three hours.

SQUINTING.

RECENT cases of squinting are curable by homœopathic treatment.

A squint exists if the axis of one eye be not parallel with that of the other. In the great majority of cases, only one eye squints, and the convergent variety is much the more common one. A convergent squint is one where the affected eye is directed, or looks, inwards, towards the nose, and a divergent is one where it is directed outwards, away from the middle line. To find out which is the affected eye, cause the patient to look straight before him at any convenient object, which he can only do with the sound eye.

Causes.—Squinting is not an uncommon affection of childhood, where it sometimes comes on after scarlet fever, or measles; or it may be caused by the irritating presence of intestinal worms; or it may be caused by a habit of imitating an individual already so affected.

TREATMENT.

The temporary form of squinting, from *worms*, etc., is cured by the removal of its exciting cause. In cases where it is caused by imitation, the cure is more difficult. In recent cases, the removal of the young imitator from the companionship of the individual already affected with the squint will,

perhaps, prove sufficient for the cure of the squint. The effect of imitation, in exciting this condition has been strikingly illustrated in a family, professionally known by the writer, where the eldest son (a boy about fifteen years old) has a permanent squint, from imitating a boy at school so affected, four or five years before he came under my observation, and a second boy commenced the habit on the return home of his brother; the second case turned out, fortunately, amenable to treatment. If worms are the exciting cause, see the article upon "*Worms*."

Remedies.—*Hyosciamus*, *Belladonna*.

Take *Hyosciamus* for a week; then *Belladonna* for a like period. If no benefit be derived from this treatment, consult a homœopathic surgeon.

Dose.—*Adults*: Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, twice a-day,—11 A.M. and 7 P.M. *Infants*: A teaspoonful of the above-described mixtures.

STYE.

THIS well-known and common growth chiefly affects young persons. It is a small tumour, or boil, upon the margin of the eyelid, and is very painful, giving rise to much annoyance. If pus form, it does so very slowly.

TREATMENT.

Diet.—This should be light and unstimulating.

Local Treatment.—Foment with warm water, or warm milk and water.

Remedies.—*Pulsatilla*, *Hepar Sulphuris*, *Calcareo Carbonica*, *Sulphur*.

Pulsatilla is always indicated on its first appearance, and will, in most instances, remove it, without the formation of matter.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours.

Hepar Sulphuris is required for suppuration.

Dose.—Same as for *Pulsatilla*. Repeat every four hours.

Mercurius is in some cases to be preferred to *Hepar*, especially if there be a syphilitic taint.

Dose.—See *Pulsatilla*.

Additional Remarks.—As there is a constitutional disposition to the return of these tumours, a proper course of treatment should be followed after the removal of any single one.

AFTER TREATMENT.

Calcareo Carbonica should be administered, after the last-mentioned remedy, for a fortnight.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture in two dessertspoonfuls of water, and give one dessertspoonful for a dose, every second morning.

Sulphur.—If, notwithstanding the use of *Calcareo Carbonica*, the patient continue to manifest

a disposition to the return of these tumours, *Sulphur* should be administered ; a dose, twice a-week, for a month.

DOSE.—Same as for *Calcareo Carbonica*.

EARACHE.

DISCHARGE FROM THE EAR—BUZZING IN THE EAR.

General Remarks.—In this affection there is, temporarily, partial deafness of the ear affected ; also noises, and great pain in and tenderness of the ear. If the inflammation be transferred from the ear to the brain, a fatal result is probable.

Causes.—Cold ; foreign substances in the ear, such as an insect, a larva, or a cherry-stone, etc. The disease is of an obstinate character in individuals of a scrofulous habit of body. In such cases, this habit of body is the predisposing, and a cold the immediate, cause.

Symptoms.—In external otitis, suppuration may take place, and a yellow, purulent, offensive discharge flow out of the external opening. After from two to three weeks, in acute otitis, this discharge thickens, and is succeeded by a discharge of ear-wax. In chronic cases, the discharge often varies in appearance and in quantity, ceasing for a

time, and then returning. The last-named variety requires professional aid. Inflammation of the internal ear is much more serious, and requires early and skilful homœopathic treatment. It is characterized by pain in the affected side of the head, and by a feeling of weight in the head, also by an enlargement of the tonsils.

Probable Result.—In acute inflammation of the external ear, all the symptoms, including the deafness, are of short duration. Inflammation of the internal ear, if allowed to run on, ends in total deafness of that organ.

TREATMENT.

Diet and Hygiene.—In an acute attack of inflammation of the external ear, the patient not being of a scrofulous habit of body, and feverish symptoms existing, a simply nutritious, light, and non-stimulating diet is to be prescribed. In the scrofulously predisposed, a meat and vegetable is to be preferred to a bread diet. If a foreign body be in the ear, it must of course be removed. In the case of an insect, drop sweet-oil into the ear; if a pea, insect, or any foreign body be present, procure the aid of a surgeon.

Remedies.—*Aconitum Napellus, Arnica Montana, Belladonna, Carbo Vegetabilis, Calcarea Carbonica, Chamomilla, China, Dulcamara, Hepar Sulphuris, Mercurius, Nitri Acidum, Nux Vomica, Pulsatilla, Sulphur, Silicea.*

Aconitum Napellus, if there be fever, with thirst, scanty and dark urine, and hot dry skin. *Aconite* may also be, sometimes, advantageously given in alternation with some more specifically indicated remedy.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours, or, with another remedy, every alternate three hours, four times.

Arnica Montana is indicated in cases where the pain in the ear, or earache, is caused by a blow, or a fall; or if it remain after the extraction of a foreign body, *e. g.* a pea or insect, from the external opening of the ear (meatus auditorius externus). In cases where the pain is excited by a very slight cause; in cases where there is great sensibility to sound; and in cases where it is made worse by touching its seat, or by lying upon that side. If the pain be caused by direct violence, the removal of a pea, etc., the external application of an *Arnica* lotion is required. *Aconite* will be required, at a later period, if there be much inflammation, or it can be taken alternately with *Arnica*.

DOSE.—Same as for *Aconite*. Repeat every four or six hours, or on alternate three or four hours with *Aconite*.

EXTERNAL APPLICATION.—One teaspoonful of the tincture in six, eight, or twelve tablespoonfuls of water, according to the severity of the injury.

If the skin be much broken (abraded) use *Calendula* tincture instead of *Arnica*.

Belladonna is indicated by boring, digging, tear-

ing pains in the ear, with inflammatory redness and swelling (with ulceration) of the throat.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one dessertspoonful for a dose to an *adult*, and a teaspoonful to an *infant*. Repeat every six hours.

Carbo Vegetabilis, for noises in the ears, as of roaring, tingling, humming, or chirping like grasshoppers. Discharge of thick offensive matter from the ear. In cases where *Mercury* has been taken in large quantities. *Carb. Veg.* may be alternated with *Hepar Sulphuris*.

DOSE.—Same as for *Belladonna*. Repeat every six hours.

Calcarea Carbonica, for affections of the ears in fair, fat persons (especially infants), disposed to, or having, glandular enlargements, such as *Mumps*. In cases where *Pulsatilla* and *Belladonna* prove insufficient, or useless.

DOSE.—See *Belladonna*. Repeat every six hours, three times, then wait forty-eight hours.

Chamomilla is suited to children and females, having fluttering and humming noises in the ears, who are very nervous and touchy, and have the face red and hot, or one cheek red and hot and the other pale and cold.

DOSE.—*Adults*: See *Aconite*. Repeat every four hours. *Infants*: A teaspoonful of the above mixture.

China is indicated by a feeling of pressure, humming, or beating, in the ears. These symptoms are not *per se* indicative of *China*, but only inas-

much as they are part of a weakly condition resulting from a debilitating discharge of any kind;—an exhaustive diarrhœa, or leucorrhœa; a too profuse, or frequent, period; an extensively suppurating abscess, etc.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat morning, noon, and night for a week.

Dulcamara is indicated by various pains—dragging, tingling, pricking—in the ears; principally occurring at night, and sometimes attended by a feeling of nausea. *Dulcamara* is most often required in cases where the above symptoms are the effect of a chill, getting the feet wet, etc. See, further, “*Cold in the Head, Coryza.*”

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Hepar Sulphuris, for pain or noise in the ear, especially in the evening, with discharge of offensive, purulent, matter. *Hepar Sulphuris* is required, perhaps in alternation with *Carbo Veg.*, in cases where the ear-complaint follows the salivation of the affected individual.

DOSE.—See *Aconite*. Repeat morning, noon, and night,

Mercurius, for a profuse discharge from the ears, after smallpox, scarlet fever, etc. The discharge consists of pus, sometimes of blood; it is acrid and excoriates the inner ear. The pains are pricking and tearing, and feel as though they were in the bone substance.

DOSE.—See *Aconite*. Repeat morning, noon, and night.

Acidum Nitricum, for dragging pains; noises, roaring as of water in the ear; partial deafness, dull hearing, with swelling of one or both tonsils (relaxed sore throat). Like *Carb. Veg. and Hepar Sulphuris*, *Nitr. Ac.* is principally indicated after the abuse of old-system mercurial preparations.

DOSE.—Same as for *China*. Repeat similarly.

Nux Vomica, for pains and noises—ringing, roaring, etc. — in the ears; they are worse, or excited, at an early hour in the morning (3 o'clock), and by the taking of coffee, wine, etc.

DOSE.—Same as for *China*. Repeat after an interval of four hours.

Pulsatilla, for discharge of pus from the ear, which is swollen and inflamed externally. Deafness (partial), with menstrual disturbance.

DOSE.—See *Aconite*. Repeat every four hours, four times.

Sulphur, in chronic affections of the ears, in individuals disposed to eruptive diseases; or after the employment of *Nux Vomica*, and in persons of a similar temperament.

DOSE.—See *Belladonna*. Repeat daily for a week, at eleven A.M. and 7 P.M.

Silicea does good in obstinate cases, where there are bone and other pains about the ears, especially after *Calcarea Carb.*, *Hepar Sulphuris*, and *Sulphur*.

DOSE.—The same as for *Sulphur*.

SORENESS BEHIND THE EARS.

Symptoms.—This excoriation is very troublesome. The sore is in the cleft formed by the ear and head. At first some moisture only is noticed; this, if neglected, increases in quantity, and becomes a purulent discharge.

TREATMENT.

Local Treatment.—Wash with tepid water and soap, and dry carefully; where there is much secretion, dust with fine wheat-starch. If the scurfs are hard, rub them with a little sweet-oil, and so soften them before washing. See, further, the article on “*Infants, Sore Skin, Excoriations, Cracks of.*”

Remedies.—*Mercurius, Sulphur, Silicea.*

Mercurius.—If there be any syphilitic taint. The child wastes, loses his appetite, and has diarrhoea.

Dose.—*Infants:* Dissolve three globules, two pilules, or one drop of the tincture in a tablespoonful of water, and give one teaspoonful for a dose, three times a-day. *Adults.*—The whole tablespoonful is a dose. Repeat similarly.

Sulphur is indicated by violent itching, by the formation of scurfs behind the ear, and by the existence of skin disease on other parts of the body.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in three tablespoonfuls of water, and give a teaspoonful of the mixture for a dose to an infant, or a tablespoonful to an adult. Repeat morning, noon, and night, for from four to seven days.

Silicea.—If *Sulphur* be administered for a week without benefit, or if the sore does not completely heal with that remedy.

DOSE.—Same as for *Sulphur*. Repeat in like manner.

MUMPS.

General Remarks.—This enlargement of the glands (parotid) under the ears, and of those under the lower jaw (maxillary), is never followed, with homœopathic treatment, by bad consequences.

Symptoms.—The swelling of the gland, or glands, is preceded by various symptoms of febrile disturbance,—chills, followed by heats, dry, hot skin, quick pulse, thirst, loss of appetite, feeling of lassitude, restlessness, wakefulness, etc. The swelling may be on one side of the neck only, but it is usually on both. It is, apparently, both contagious and epidemic, generally taking place in cold, damp weather. Although there is much pain accompanying the enlargement of these glands, the inflammation very seldom runs on to suppuration. The young are more disposed to this complaint than adults. The febrile symptoms lessen with the swelling of the glands.

TREATMENT.

Diet.—This is the same as that of simple in-

inflammatory fever, or scarlet fever, as long as there is any fever; at the abatement of which a more liberal diet is to be permitted—*e.g.* beef-tea, a little meat, etc.

Hygiene.—The patient should avoid all exposure to cold or damp. The swollen glands are to be fomented with warm water three times a-day.

Remedies.—*Arnica Montana*, *Belladonna*, *Calcarea Carbonica*, *Carbo Vegetabilis*, *Conium*, *Mercurius*, *Rhus Toxicodendron*.

Arnica Montana, in cases where the swelling has its origin in a *bruise*.

Dose.—See below, *Belladonna*.

Belladonna, for mumps after measles. In cases where there is an erysipelatous look about the swollen gland, and brain symptoms supervene. The swelling is extremely tender, and burning hot. If the fever assume a decidedly typhoid character, see *Rhus Toxicodendron*.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and give one, two, or four teaspoonfuls for a dose, every three, four, or six hours.

Calcarea Carbonica, in cases where the swelling resists the dispersing (absorbing) power of *Mercurius*, and the blonde complexion of the patient is indicative of this remedy; or where there is a pale, swollen gland, from the irritation of protracted teething.

Dose.—Same as for *Belladonna*. Repeat, morning and evening, for two days.

Carbo Vegetabilis may be tried in obstinate cases.

DOSE.—See *Belladonna*. Repeat every six hours.

Conium, in chronic cases, after a blow, where the acute symptoms have been subdued by *Arnica Montana*, *Aconite*, etc.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two dessertspoonfuls of water. Give one, two, or three teaspoonfuls of this mixture for a dose. Repeat, morning, noon, and night, daily, for ten days.

Mercurius is indicated in almost all cases, if *Belladonna* be not specially so. The affection comes on after exposure to cold and damp, or the patient has at the same time a decayed tooth in the gland's neighbourhood; paroxysms of fever, in alternate chills and heats; profuse sweats at night, without any relief; thirst during the night.

DOSE.—See *Belladonna*. Repeat three times a-day. If the reader be unable to distinguish between the indications for *Belladonna* and this remedy, he may give the two in alternation, each one every other four hours.

Rhus Toxicodendron, in cases where the disease does not yield to the action of *Belladonna*, the swollen glands have an erysipelatous look (with vesicles) indicative of this remedy (see "*Erysipelas*"), and the character of the fever is of a low type, or it is in reality *typhus* fever. Cases requiring *Rhus Toxicodendron* should be treated by a professional homœopathist.

DOSE.—Same as for *Belladonna*. Repeat after an interval of five hours.

BLEEDING OF THE NOSE.

(Epistaxis.)

General Remarks.—This is often beneficial, rather than hurtful, and wards off a fit of apoplexy, —removing its premonitory symptoms, namely, headache, determination of blood to the head, and vertigo. This symptom is, further, critically advantageous in several fevers, and in threatening epilepsy. Lastly, a flow of blood from the nostrils may be a symptom concomitant with suppressed menstruation (vicarious menstruation). Bleeding of the nose is, however, often excessive and exhausting, and requires medicinal, dietetic, and hygienic treatment; this is more especially the case if it take place frequently, and if the system be much debilitated from other causes.

TREATMENT.

Diet and Hygiene.—The diet of persons disposed to this complaint should be simply nutritious. All stimulants should be avoided, as well as coffee, and all heating condiments. Proper attention should be paid to the regular performance of the digestive function, and of the bowels; all irregularities should be checked at once, and corrected by proper homœopathic treatment, by alterations in diet, etc. See, further, the articles on “*Indigestion*” and “*Constipation*.”

Serious cases of this complaint, where it has become a *habit*, may even require change of air, and of the pursuits of the individual affected ; these cases, however, require skilful, professional, homœopathic treatment.

External Treatment.—If the flow of blood continue too long, or if it be very profuse, so that the patient is very faint, mechanical and other means should be taken to arrest the hæmorrhage. Of these, the plugging the nostrils with lint (soaked in the concentrated *Tincture of Calendula*), either from their external openings or from the back of the mouth, is the most effective ; it must be resorted to in all cases where the under-mentioned treatment fails. Plugging the nostrils from behind requires surgical skill.

In the majority of cases the following treatment is sufficient. Place the patient in the upright sitting posture, keep him quite still, and apply cold water and ice to the forehead and to the bridge of the nose. If ice be not at hand, dash the coldest (spring) water obtainable against the parts just named.

At the same time administer that one of the following remedies which is indicated by the symptoms.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Carbo Vegetabilis*, *China*, *Mercurius*, *Nux Vomica*, *Pulsatilla*.

Aconitum Napellus, for profuse and continued

bleeding from the nose, in individuals of full habit of body, and who are disposed to apoplexy. There is a good deal of fever. There is a congested condition of the bloodvessels of the head and neck, with strong pulsation, and the face is flushed.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat, if *Aconite* be still indicated, after an interval of three hours.

Arnica Montana is the remedy, if the hæmorrhage be occasioned by violence,—*e.g.* a blow, a fall on the face, etc., or by too great physical labour. The blood discharged is uncoagulated (*i.e.* not clotted, fluid).

DOSE (Internal).—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every four hours.

LOTION (for External Use).—Add a teaspoonful of the *Concentrated Tincture of Arnica Montana* to twelve dessertspoonfuls of water. Apply on lint, or with pieces of sponge.

Carbo Vegetabilis, for profuse bleeding from the nose, especially at night, and after straining at stool; the face, before and after the hæmorrhage, is very pale. *Carbo Vegetabilis* is a very useful remedy for bleeding from the nose, at the same time with suppressed bleeding piles.

DOSE.—Same as for *Aconite*. Repeat after the lapse of four hours.

China is indicated for the effects upon the system of the loss of blood. General weakness, even to exhaustion. Weak digestion.

DOSE.—See *Aconite*. Repeat every four hours.

Mercurius, for bleeding from the nose when sleeping; with swelling of the nose, or of the bones of the nose, with bone pains. The discharge is clotted, and resembles a scab with some adherent blood. Especially in cases of syphilitic origin, where *Mercurius* has not been taken in allopathic doses.

DOSE.—Same as for *Aconite*. Repeat morning, noon, and night, for a week.

Nux Vomica, for bleeding from the nose early in the morning, after indulgence in wine and other stimulants. In individuals of irritable disposition, and hæmorrhoidal temperament; who are troubled with constipation. (See "*Piles*" and "*Constipation*.")

DOSE.—See *Aconite*. Repeat every three hours, if necessary, three times.

Pulsatilla, for bleeding from the nose of females of fair complexion, with light hair, blue eyes, and who are of a timid and tearful disposition. More especially in cases of suppressed or deficient menstruation. The bleeding comes on towards evening and night (the opposite of *Nux Vomica*).

DOSE.—Same as for *Aconite*. Repeat every four hours.

LIPS AND MOUTH, SORES AND CRACKS OF.

INDIVIDUALS with large external lips are more liable than others to cracks; they are most common in frosty and cold windy weather. Sores at the corners of the mouth are common with unhealthy, scrofulous persons, having weak digestive powers, or a disordered condition of the digestion from improper diet.

TREATMENT.

Local Applications.—Cold cream (non-medicated) is a common and a very useful one. I have found, however, glycerine to be equally efficacious, and it is even more so in allaying the irritation of the parts. The application, no matter which is employed, should be made at bedtime, and always after washing the affected part.

Diet and Hygiene.—See the articles on “*Indigestion and Dyspepsia*,” and “*Constipation*.”

Remedies.—*Antimonium Crudum*, *Arsenicum*, *Bryonia*, *Dulcamara*, *Hepar Sulphuris*, *Mercurius*, *Nux Vomica*, *Sulphur*.

Antimonium Crudum, in cases of sore mouth, where the stomach symptoms indicate this remedy (see *Materia Medica*). There is much weakness of the whole digestive and assimila-

tive system. The corners of the mouth are sore and cracked.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat morning, noon, and night, daily, for two, three, or four days.

Arsenicum, in cases where the sores have a dark-red or blue, and unhealthy aspect, are tender to the touch, burn and secrete a burning irritating matter. In weak and emaciated individuals, *Arsenicum* may be alternated, advantageously, with *Hepar Sulphuris*.

DOSE.—Same as for *Antimonium Crudum*. Repeat in like manner.

Bryonia, for dry, swollen, cracked lips, which bleed when touched. *Bryonia* is indicated in various bilious and gastric affections, with sore, cracked lips. The general symptoms are caused by a suppressed rash, or by vexation.

DOSE.—See *Antimonium Crudum*. Repeat every four hours, three or four times.

Dulcamara is not indicated in this complaint, but it is for milk-crust, and other yellow-crust ed herpetic eruptions of the face. It may attack the chin close to the lips, and be mistaken for a common sore mouth by the unprofessional reader. It may be caused by a cold. See, further, the article upon "*Milk-Crust*."

DOSE.—Same as for *Ant. Crud*. Repeat in like manner.

Hepar Sulphuris is, in many cases, alternated, with advantage, with *Arsenicum*. *Hep. Sulph.* is

a valuable remedy in cases of breaking out round the mouth, in persons who have injured their digestive powers by taking much *Mercury* and *Quinine*.

DOSE.—Same as for *Antimonium Crudum*. Repeat in like manner.

Mercurius, for ulcerated sores and cracks at the corners of the mouth, for individuals who have taken little or no *Mercury*, at the same time that they may have taken *Quinine*. In cases where there is a syphilitic taint.

DOSE.—Same as for *Ant. Crud.* Repeat after an interval of six hours.

Nux Vomica, for sore lips, associated with a deranged condition of the digestive function, and constipation.

DOSE.—Same as for *Ant. Crud.* Repeat after an interval of four hours.

Sulphur, in chronic obstinate cases, and in others which show a disposition to return; in cases where the sore, or eruption, is not confined to the lips, *Sulphur* is often required after, or it is alternated advantageously with, *Nux Vomica*.

DOSE.—Same as for *Ant. Crud.* Repeat every morning and evening (11 A.M. and 7 P.M.), for a week; or on alternate four or six hours with *Nux Vomica*.

GUMBOIL.

General Remarks.—This troublesome little tumour is limited to the gums, generally contiguous to a diseased tooth; in the latter case, a wisdom-tooth is more often the affected one.

Symptoms.—An inflammatory swelling of the gum, of a deep red colour, painful and tender to the touch. Gumboils generally terminate by supuration. The irritation, excited by the formation of a gumboil, often, in cases where the tumour is placed far back, by a coming, or carious, wisdom-tooth, is sufficient to prevent the patient opening his mouth to anything like its full extent.

TREATMENT.

Local Application.—Although the tumour will, when matter is formed, discharge its contents itself, yet in most cases earlier relief and benefit is afforded by the lancet; this is especially the case when the abscess is close to a decayed wisdom-tooth.

If the irritation extend to the external surface of the jaw, and to its subjacent glands, producing swelling, heat, and pain of those parts, it may be advisable to apply a bread-and-water poultice.

Spongio-piline is, in cases where there is no discharge, better, because more convenient, than an ordinary poultice. Bevel off its soft, spongy edge,

with a pair of scissors, before wetting it; next, soak it in boiling water, and apply it, after squeezing it out nearly dry, to the part affected. A few drops, of the tincture, of the medicine taken internally may be let fall on the *poultice*, or *spongipiline*, before each application.

Diet.—The same as for simple inflammatory fever.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Belladonna*, *Calcarea Carbonica*, *Chamomilla*, *Hepar Sulphuris*, *Mercurius*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Silicea*, *Sulphur*.

Mercurius and *Hepar Sulphuris* are, of the remedies above mentioned and whose symptoms are here detailed, the two most useful and often required remedies.

Aconitum Napellus, in cases arising from the cutting of the wisdom-teeth, with much heat, redness, and swelling of the gum, and general febrile disturbance, — heat, quick pulse, thirst, high-coloured urine, etc.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four or six hours, or on alternate three or four hours with some other remedy.

Arnica Montana may be indicated in cases where the symptoms are caused by the pushing through of the wisdom-teeth. *Arnica* may be given in alternation with another remedy, as, for example, *Calcarea Carbonica*.

DOSE.—Same as for *Aconitum Napellus*. Repeat every six hours, or on alternate four hours with another remedy.

Belladonna may be alternated, advantageously in many cases, with *Mercurius*. The gum, or gums, and the roof of the mouth, are of an exceedingly bright red, almost scarlet, colour, and are hot, inflamed, and swollen. The inflammatory irritation, requiring *Belladonna*, is often of a diffused description, extending, perchance, to the throat, and it is often accompanied by, or involves, inflammatory swelling of the face.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours; or every alternate four hours, with *Mercurius* or any other indicated remedy.

Calcareo Carbonica, in cases where the wisdom-teeth are very slow in their progress through the gums, and where it is known that the patient, during childhood, cut his teeth slowly. Especially for females, and children, and scrofulous persons.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat morning and evening, for two days, then wait a day, then repeat as before, then wait two days, and then repeat as before.

Chamomilla, in cases similar to those requiring *Belladonna*, only of much less severity, especially in those of children and females. *Chamomilla* is, in most cases, indicated at an early stage of this affection, *Belladonna* having to be relied on if the symptoms increase in severity.

DOSE.—*Adults*: Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four or six hours. *Infants*: One or two teaspoonfuls (or one globule) of the above mixture. Repeat the same as for an adult.

Hepar Sulphuris is indicated after matter has formed, and is to be administered as long as the suppuration continues. *Silicea* and *Mercurius* are to be preferred to *Hepar Sulphuris* in cases where the gumboil is caused by the irritating presence of a decayed (carius) tooth.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat every six hours, and as long as there is any discharge.

Mercurius is indicated if the swelling be caused by the irritation of a decayed tooth, and as long as there is uncertainty as to the formation of matter. This remedy is often administered with advantage in alternation with *Belladonna* or *Silicea*.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every six hours; or every other four hours, in alternation with *Belladonna* or *Silicea*.

Nux Vomica is useful in slight cases, where the gumboil is symptomatic of a disordered state of the stomach, associated, in almost all cases, with a constipated, costive, or irregular (*i.e.* alternately confined and relaxed) action of the bowels. In individuals of the irascible, energetic temperament, and firm muscular fibre, indicative of *Nux Vomica*.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours, or morning, noon, and night.

Phosphorus is not indicated in cases of real gumboil, but only in cases of abscess, from caries, of

the jawbone, where the matter may find its way to the surface of the gums, or, externally, to the face. A slight case of this affection may be mistaken at first, by the non-professional reader for a gumboil. *Phosphorus* is not indicated, in cases where the disease of the jawbone is caused by the fumes of phosphorus, as with lucifer-match-makers. *Phosphorus* may require to be alternated with *Calcareo Carbonica* or *Hepar Sulphuris*.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat morning, noon, and night.

Pulsatilla is indicated in cases of gumboil dependent upon a disordered state of the stomach, from rich living, and where the accompanying symptoms, excepting the bowels which are more relaxed than constipated, resemble closely those indicative of *Nux Vomica*. *Pulsatilla* is, however, as a rule, only suited to females, children, and others, of fair complexion, and of easy, rather melancholy, and tearful, disposition.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours.

Silicea, in cases of gumboil excited by the irritation of a decayed (carius) tooth, and where there is a good deal of suppuration. In cases somewhat closely resembling those requiring *Phosphorus*, and to which it would be homœopathic if phosphorus fumes were the exciting cause.

DOSE.—Three globules, two pilules, or one drop of the tinc-

ture, in a dessertspoonful of water. Repeat every six hours, or morning, noon, and night.

Sulphur may be required if the tumour assumes a chronic form, and resists partially or wholly the action of *Mercurius*, *Nux Vomica*, etc.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every morning and evening, for a week.

TOOTHACHE.

General Remarks.—This affection is a symptom only, and not a disease. The symptom common to all cases is pain in one or more teeth, often accompanied by swelling of the face.

Causes.—The most frequent one is, the admission, through a carious opening, of cold air into the cavity of the tooth containing its nerve and bloodvessels. The remote cause, in such cases, is the predisposition to caries of the teeth. Other varieties are, catarrhal and nervous toothache. It is a common symptom of many female complaints.

TREATMENT.

Diet.—See “*Indigestion*,” and “*Constipation*.”

Local Treatment.—This depends entirely upon its cause. If dependent upon an old-offending, carious tooth, consult a dentist. Avoid all stimulants, and coffee. Brush the teeth on rising in the

morning, at bedtime, and after dinner. Brush the teeth up and down, not from side to side, and on their inner (mouth) surface, as well as on their outside. Use a moderately-hard tooth-brush, cold water, and unmedicated tooth-powder. All so-called antiseptic tooth-powders, even if they are unmedicated, are injurious, if they contain powdered charcoal, the fine particles of which injure the enamel of the teeth.

Remedies.—*Aconitum Napellus*, *Antimonium Crudum*, *Arsenicum*, *Belladonna*, *Calcarea Carbonica*, *Chamomilla*, *Dulcamara*, *Hyosciamus*, *Ignatia*, *Mercurius*, *Acidum Nitricum*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*, *Silicea*, *Sulphur*.

Aconitum Napellus for toothache at the commencement of a cold; thirst; restlessness; inflamed, swollen, and tender gums; flushed, perhaps swollen face, with pulsation.

Dose.—Three globules, two pillules, or one drop of the tincture, in a teaspoonful of water. Repeat three times, every three hours.

Antimonium Crudum, for tearing pains, in decayed teeth and stumps, made worse by eating, and by cold water. The presence of symptoms of a deranged state of the stomach (coated foul tongue, foul, metallic, eructations, etc.), indicative of this remedy, is required to insure a favourable result. See "*Indigestion*," and the *Materia Medica* (article, "*Antimonium Crudum*").

Dose.—See *Aconite*. Repeat after an interval of four or six hours.

Arsenicum, for unbearable pains, causing ungovernable passion. Jerking pains in the teeth and gums. The teeth are painfully loose, and feel as if they were too long. Pains are worse, or come on, at night.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three teaspoonfuls of water. Take one teaspoonful for a dose. Wait four or six hours.

Belladonna, for drawing, cutting, or tearing pains, in the teeth, face, and ears; worse in the evening and at night, especially when lying down, or in the open air, or when eating. For violent, burning fever, and inflammatory swelling of the gums, not relieved by *Aconite*.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one dessertspoonful for a dose. Repeat after an interval of four or six hours.

Calcarea Carbonica, for toothache that returns, or is worse, from taking hot or cold drinks, or from exposure to a draught, or to a current of air. Monthly headache of females. See, also, the article on "*Teething*."

DOSE.—See *Belladonna*. Wait four or six hours.

Chamomilla, for children and females; the pains are pulsating, jerking, shooting, and violent; and are worse at night, when warm in bed, after eating or drinking anything warm or cold, and after coffee. Great restlessness and agitation.

DOSE.—See *Aconite*. Repeat every four hours.

Dulcamara, for toothache from a cold, with diarrhoea. In young people, with glandular enlargements in the neck.

DOSE.—Same as for *Aconite*. Repeat every four hours.

Hyosciamus, for dragging pains, with humming in the tooth. Congested head, red, hot face. Spasmodic twitchings in the upper limbs. In nervous, excitable females.

DOSE.—See *Belladonna*. Wait four hours before giving a second dose of this remedy.

Ignatia, for individuals (principally females) of a sad, gentle, loving disposition, who are very sensitive. The teeth feel broken, or to be loose. Pains made worse by coffee and tobacco-smoke.

DOSE.—See *Aconite*. Wait four or six hours.

Mercurius, for toothache in cases where there are decayed teeth, and the individual affected has not taken *Mercury* previously. The teeth feel loose, and as if they were too long; the shooting, tearing pains, affect the carious teeth only, or the whole of the one side of the face; the gums are swollen, ulcerated, and bleed easily; rheumatic pains in the bones and limbs; profuse night-sweats, without relief.

DOSE.—See *Aconite*. Repeat every four hours, four times.

Acidum Nitricum, for pains as though the teeth were too long; in persons of the *Nux Vomica* temperament; after mercurial salivation.

DOSE.—See *Aconite*. Repeat three times a-day.

Nux Vomica, for individuals of irritable and quick temper; who lead sedentary lives, indulge in coffee and stimulants, and are constipated. The pains come on, or are worse, after meals, and early in the morning.

DOSE.—See *Aconite*. Repeat every four hours, and at bedtime.

Pulsatilla, for quiet, timid, sensitive people (chiefly females). The pains are, — pulsating, digging, jerking, or tearing; are worse in the evening, or at night, or when warm, or when eating or drinking anything warm; and are relieved by cold air, and by drinking anything cold.

DOSE.—See *Aconite*. Repeat every four hours.

Rhus Toxicodendron, for sore pains in the teeth; coming on, or worse, in the open air; unbearable at night.

DOSE.—Same as for *Aconite*. Repeat after an interval of four or six hours; three or four times, if relief continue to be afforded.

Sepia, for the toothache present in certain female affections.

DOSE.—See *Belladonna*.

Silicea, for the toothache of individuals of a scrofulous habit of body; where there is swelling of the jawbone and its covering (periosteum), with pain therein rather than in the teeth. Pains are worse at night.

DOSE.—Same as for *Arsenicum*. Repeat each morning, noon, and night.

Sulphur, for pains indicating *Nux Vomica*, if

that remedy fail to relieve or remove the symptoms. Also after *Aconite* and *Coffæa*.

DOSE.—See *Belladonna*. Repeat every six hours.

SCURVY, CANKER OF THE MOUTH.

Scurvy and *Canker of the Mouth* are practically the same disease, although, in most treatises, they are treated of as separate complaints. The principal and only difference between the two consists in the exciting cause, and in the duration, of the complaint. Their homœopathic treatment being alike, it has been thought better to give their symptoms, treatment, etc., together, instead of in separate articles.

Causes.—Scurvy particularly affects sailors, and all others who are obliged to use, for a considerable length of time, salt provisions. All depressing influences,—want of open-air exercise, a vitiated atmosphere (as that from bilge water in tempestuous weather), and bad, or too little fresh, water to drink,—increase rapidly the severity of the symptoms. Canker of the mouth is caused by comparatively slight derangements of the digestive and assimilative system. Mercury, taken to the extent of salivation, is a fertile excitant of these affections.

Symptoms.—Inflammation and ulceration of the tongue, gums, and of the inside of the cheeks.

The gums swell, are spongy, and bleed very easily, and shrink away from the teeth. Excessive flow of very offensive or corrosive spittle, having all the appearance of mercurial salivation. Small ulcers on the gums, tongue, palate, and inside of the lips and cheeks, with an offensive foetid smell. Tettery, livid, eruption on the skin. Discoloured and bloated-looking face. Swelling of the ankles, and of the lower extremities generally. Repeated attacks of bleeding from the nose, or from the *bowel at stool*. Great weakness of digestion, and, often, bleeding piles. The above is an enumeration of the characteristic symptoms of true scurvy. Canker of the mouth is distinguished by the confinement, almost entirely, of the mischief to the mouth, the other symptoms being absent.

TREATMENT.

Diet and Hygiene.—It is an all-important necessity to remove the exciting causes of this disease (see above, *Causes*). If fresh provisions can be obtained, give them in place of the salt; the use of the latter should be entirely discontinued. Fresh fruit and vegetables are the best diet. For a voyage, a stock of lemons, and lemon juice, or lime juice, should be laid in. Vinegar and acid drinks are partly corrective of the effects of a salt diet. During an attack of scurvy of the gums, a simple and light, but not a poor, diet should be enforced; a full meat diet, as well as all stimulants, should be

avoided. Regular, but at the same time not too fatiguing, exercise in the open air should be taken.

Remedies.—*Mercurius*, *Nitri Acidum*, *Arsenicum*, *Borax*, *Carbo Vegetabilis*, *Dulcamara*, *Nux Vomica*, *Sulphur*.

Mercurius is the most important homœopathic remedy for these affections; in fact, in all cases where the drug has not been already taken to excess. This caution is very requisite, for sailors on board ship are very liable to *scurvy*, and their systems are very often saturated with this drug. In these cases, where *Mercury* has been taken to excess, see *Nitri Ac.* and *Carbo Veg.*

DOSE.—*Adults*: Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every six hours. *Infants*: One, two, or three teaspoonfuls of the above-described mixture, according to the child's age.

Nitri Acidum, in cases where the patient has taken *Mercury* to the extent of salivation. *Nitri Ac.* is indicated more for *Canker of the Mouth* than for *scurvy*; the latter requires by preference *Ars.* or *Carb. V.* The gums bleed easily, and are swollen and have a white appearance; the teeth feel too long, and are loose, from the retraction of the gums; foul, even putrid, smell of the mouth.

DOSE.—Same as for *Mercurius*. Repeat every four or six hours.

Arsenicum is indicated in cases where the edges of the tongue are sore, burning hot, and ulcerated. The ulcers are extremely sensitive and painful, or

are not at all so; they are dark-looking, and of a bluish-red colour. The whole body of the sufferer is cold, dry (externally), and livid-looking. Great debility, and even utter prostration and emaciation of the sufferer.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two *tablespoonfuls* of water, and give one *dessertspoonful* for a dose. Repeat after an interval of six hours.

Borax is a useful remedy for thrush affections of the mouth, especially the tongue. See the article on "*Thrush*." *Borax* is a popular local application (see the above article).

DOSE (*for internal administration*).—*Adults*: Three globules, two pilules, or one drop of the tincture, in a *tablespoonful* of water. Repeat every four hours. *Infants*: A *teaspoonful* of the above mixture.

DOSE (*local application*).—Dissolve four grains of borax in four *dessertspoonfuls* of water. *Infants*: see "*Thrush*."

Carbo Vegetabilis, in cases where *Mercury* has been taken to the extent of salivation. It is indicated by readily, and profusely, bleeding ulcers, on the tongue and gums; these burn, and have an exceedingly foul, foetid smell.

DOSE.—Same as for *Arsenicum*. Repeat in like manner, or on alternate four hours with *Nitri Acidum* or *Arsenicum*.

Dulcamara, in slight cases, where the glands of the neck are enlarged and painful. The consequence of catching cold.

DOSE.—See *Borax*. Repeat similarly.

Nux Vomica, in cases where the digestive system is much deranged, in individuals of sedentary habits.

The bowels are constipated, and the disposition is very irritable. In very bad cases, in alternation with *Arsenicum*.

DOSE.—See *Borax*. Repeat every six hours, or on alternate four hours with *Arsenicum*.

Sulphur, when the patient is, or has nearly, recovered; more especially after *Nux Vom.*, *Ars.*, and *Nitr. Ac.*

DOSE.—Same as for *Borax*. Repeat morning, noon, and night.

SORE THROAT, QUINSY.

Symptoms.—This disease, as common as it is well known, is an inflammatory condition of the back part of the mouth (tonsils, fauces, and uvula) and the upper portion of the throat. It is characterized by redness of these parts, difficulty of swallowing, and by more or less general fever. Sore throat varies greatly in intensity; in mild cases, it disappears spontaneously, with ordinary care, without medicinal treatment; in other cases, it ends in abscess and suppuration. There are two affections of the throat of a very virulent character (*Diphtheria* and *Putrid Sore Throat*), and it is well to be sure that the case is really one of *Quinsy*, and, if any doubt be felt, to obtain advice.

At first, a sensation of soreness is felt in the throat, also when swallowing, and a feeling of constriction in the same part; as the disease advances these symptoms become rapidly worse, and the breathing becomes impeded; on looking into the mouth, the posterior parts, more especially the tonsils, are seen to be swollen, and of a deep red colour. The fever is characterized by great thirst, quick, full pulse, and by flushed cheeks. If the inflammation still advance, the swelling and induration end in the formation of an abscess and suppuration. The pus having been discharged, immediate relief is felt from the pain. The abscess generally first forms in one of the tonsils, and after its discharge another abscess forms in the other.

TREATMENT.

Diet.—The diet is to be that of ordinary inflammatory fever. In *Diphtheria*, a disease closely simulating an aggravated attack of *Quinsy*, the diet should be similar to that of typhoid fever; this fact shows the necessity of a correct diagnosis of the diseases in question. It, moreover, sometimes happens that the attack commences with the simple inflammatory fever, to which *Aconite* is homœopathic, and that the fever, at a more advanced stage, assumes a typhoid aspect.

Local Treatment.—This is external and internal. Externally, apply a wet bandage to the throat; this is to be applied at bedtime, and during the

day, if the patient be not exposed to any draughts. The cold-water compress, or wet bandage, is simply a bandage, wrung out in cold water, put round the throat and covered with oil-silk, and a dry flannel bandage over all, so as to overlap the edges of the wet one. Internally, gargle the throat with warm milk and water.

Remedies. — *Aconitum Napellus*, *Belladonna*, *Chamomilla*, *Dulcamara*, *Lachesis*, *Mercurius*, *Hepar Sulphuris*, *Acidum Nitricum*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*.

Aconitum Napellus is especially indicated at the beginning of quinsy; there is general fever, with flushed face, headache, thirst, white-coated tongue, hot, dry skin, and quick, full pulse; the throat feels sore when swallowing; the back part of the mouth is of a deep red colour, is somewhat swollen, and the uvula elongated. The patient is very irritable, and tender to touch all over (he is said to be touchy).

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every two or three hours.

Belladonna is one of our most valuable remedies; it is indicated by soreness in the throat when swallowing, as if it were raw; the throat feels contracted or constricted, with a constant desire to swallow the saliva, with difficulty in so doing; also great difficulty, or even total inability, in swallowing, especially fluids, which may return by the nostrils;

the mouth and throat are very dry, or they are coated with a white slimy mucus. The back part of the mouth, and the upper portion of the throat, are of a scarlet or dark-red colour, with swelling of the tonsils and uvula; there is a tendency to induration and the formation of matter. In addition, other symptoms are,—swollen and inflamed face; eyes inflamed and intolerant of light; and violent fever, with delirium.

The character and the violence of the fever symptoms serve to distinguish between this remedy and the last named. In cases where the fever, notwithstanding the use of this remedy, assumes the appearance of typhus, give *Rhus Toxicodendron*.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture in three dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat after an interval of six hours, if this remedy be still indicated by the symptoms.

Chamomilla, in slight cases, more especially affecting females and infants, where it arises from a chill when perspiring. The symptoms are those of a cold of the head and chest, *with sore throat*.

DOSE.—*Adults*: Same as for *Aconite*. Repeat every four or five hours. *Infants*: A teaspoonful of an adult's dose.

Dulcamara, in slight cases of sore throat, in connexion with common cold in the head, where there is a profuse discharge. This remedy is indicated rather by the catarrhal symptoms than by those of the throat. See the articles on "*Cold in the Head*"

(*Coryza*)," and on "*Common Cold in the Head and Chest.*"

DOSE.—See *Aconite*. Repeat every four or five hours.

Lachesis is recommended by homœopathic physicians in cases where *Belladonna* and *Mercurius* (the universally employed homœopathic remedies for quinsy) prove insufficient. The sensation of a plug, or of a tumour, in the throat, requiring to be swallowed, the intense difficulty of swallowing, especially liquids, and some other symptoms, are very characteristic of *Lachesis*. The lightest pressure on the neck aggravates the symptoms.

DOSE.—Same as for *Belladonna*. Repeat similarly.

Mercurius.—This remedy is often indicated at the commencement of sore throat, more especially when the symptoms resemble those of a catarrh of the lining mucous membrane, with increased flow of saliva; profuse sweats at nights, without any relief; the patient catches cold very easily; violent shooting pains in the throat and tonsils, extending to the ears, especially felt when swallowing; internally the throat is red, swollen, and inflamed, and the uvula elongated; difficulty in swallowing, especially of fluids, which may return by the nostrils. When the symptoms indicate *Mercurius* and also *Belladonna*, they may, with advantage, be taken in alternation. When an abscess has formed, *Mercurius* should be given, in alternation with *Hepar Sulphuris*, until it bursts. *Mercurius* may also be alternated

with *Aconite* or *Belladonna* with advantage ; especially with the last-named remedy.

DOSE.—Same as for *Aconite*. Repeat every six hours. If it be taken alternately with *Aconite*, *Belladonna*, or *Hepar Sulphuris*, every other four hours.

Hepar Sulphuris is indicated at an advanced period, after matter has formed (see *Mercurius*). This remedy is best given in alternation with the last-named remedy.

DOSE.—In like manner to *Aconite*. Repeat every other four hours with *Mercurius*.

Acidum Nitricum, for chronic sore throat, with enlarged tonsils, and ulceration of the fauces (the posterior boundaries of the mouth). After the abuse of *mercurial* preparations, or in cases where a syphilitic taint is suspected.

DOSE.—Same as for *Aconite*. Repeat every four or six hours, or morning, noon, and night, as long as this remedy is indicated.

Nux Vomica. In persons of dark complexion, hasty temper, and bilious temperament. There are small ulcers in the throat ; pain in the throat, when swallowing, as of a raw surface ; pain whilst swallowing air, as from contraction of the throat, or from a plug in it ; constipation.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every four hours, four times.

Pulsatilla is suited to females and persons of mild, easy, and good-natured disposition ; there is a thick mucus covering the throat, and the patient

feels chilly towards evening, when all the symptoms become aggravated. Like *Chamomilla*, this remedy is only indicated in cases where the throat symptoms are subordinate to those of the head, from catarrh, or of indigestion.

DOSE.—Same as for *Nux Vomica*. Repeat every four hours, four times.

Rhus Toxicodendron, as already mentioned above when treating of *Belladonna*, is a valuable remedy in cases where the accompanying fever assumes a typhoid aspect. See, further, the articles on "*Diphtheria*" and "*Brain Fever*"—(the latter treats somewhat fully of *typhus*). These cases require, however, skilful homœopathic treatment.

DOSE.—See *Aconite*, and also the two affections just mentioned.

DIPHTHERIA.*

General Remarks.—This disease closely resembles, in many particulars, quinsy, and is at first often mistaken for it. I allude especially to the putrid sore-throat variety. Diphtheria can be, however, positively distinguished from other throat affections; although, unfortunately, mistakes are

* This article is principally a *resumé* of a joint treatise, by Dr Paine and the author of the present work. There is, however, a good deal of additional matter, especially with respect to the treatment.

often made, and with generally fatal results, as the more advanced is this disease the less is the probability of its terminating successfully. Good homœopathic advice should be early obtained, both in this disease and in all throat affections respecting the nature of which there exists any doubt.

Dr Paine says,—“The treatment almost solely relied upon by the allopathic practitioners in Albany, as far as I can learn, has been that of local cauterization by Nitrate of Silver, to the utter neglect, it would appear, of the constitutional condition, the blood poison, of which the local symptoms are but the most obvious manifestation.

“How partial a view of the true nature of the disease that must be upon which is founded such an imperfect and feeble, though distressing, treatment, has been sufficiently tested by the large proportion of fatal results.”

The *Chlorate of Potash* has, in addition to the local application of *Nitrate of Silver*, been extensively used in this country.

Symptoms.—The symptoms given are such as may and do manifest themselves, although, in virulent cases, which run through their course with great rapidity, many in consequence are never recognised.

The description here first given of this dangerous disease is by *Dr Paine*, but, for the information of the uninitiated reader, a more full, and at the same

time more condensed, account of the symptoms of diphtheria is given below.

In the most severe and strongly marked cases, there is violent inflammation of the fauces, tonsils, and uvula, extending as far back as can be observed, accompanied by a more or less extensive formation of false membrane, of a dull white or ashy colour—sometimes deposited in small irregular patches, and at others covering a large part of the mucous lining of the throat on one, and occasionally on both sides. There is also, in these cases, very frequently a viscid discharge from the nostrils, and most foetid breath.

The rare phenomenon of a membraniform exudation accompanying inflammation of the mucous tissues, except in the case of true croup, gives a peculiar interest to the study of this epidemic, of which it is a frequent and characteristic feature.

The attack is often ushered in with rigors, not unfrequently amounting to a positive chill, pains in the head and limbs, with a general feeling of *malaise* and depression. If, as is often the case, the child is stricken in the full vigour of health, having, till the moment of attack, enjoyed his accustomed appetite, there will be, very likely, vomiting of the ingesta, and some subsequent retching.

Sometimes the throat symptoms manifest themselves almost simultaneously with the general disturbance, but not always. Occasionally they

seem even to precede it. It has happened several times in our experience, that the patient has made no complaint of difficulty of swallowing, or soreness, previous to the chill or vomiting, when an inspection revealed the fact that the membrane was already forming. Except in those cases, the symptoms at the beginning of the attack are not dissimilar to those of ordinary inflammation of the throat. There is generally some complaint of stiffness of the neck, the cervical glands are somewhat enlarged, and there is some pain and heat in the throat.

The appearance of the throat, before the occurrence of the membranous deposit, is generally indicative of intense inflammation, not always equally diffused, but in spots of erysipelatous redness, or with streaks of a deeper redness irregularly scattered over the inflamed surface. Deglutition is *generally* very painful and difficult from the first, indeed often more so at the beginning than in the later stages; but instances have not been rare in which, notwithstanding a highly inflamed appearance of the throat, the patient manifested no difficulty at all in swallowing.

The fever runs high, but is generally brief—seldom exhibiting much activity except in the early stage of the disease, and is followed by a stage of depression and debility, apparently disproportionate to the amount of the preceding excitement. In many, even serious cases, the

febrile symptoms have scarcely been observed at all, but the tendency to an asthenic state of the system is evident from the first. Probably this depends much upon the previous health and condition of the patient himself, and something perhaps upon the locality in which he lives. As a general thing, the more vigorous and healthful the subject, and the more salubrious the surrounding air, the more decided will be the period of excitement; while in confined and ill-ventilated places, and among the ill-fed and poorly nourished, the typhoid character of the affection will be more strongly marked, and at an earlier period of the attack.

The appearance of the *pseudo-membranous* deposit, which is the distinguishing feature of this form of the epidemic, also presents several varieties.

As already intimated, the first examination of the throat shows, in some cases, an already existing pellicular exudation on some part of the mucous lining, and that, too, where neither the degree of febrile excitement nor the complaint of the patient, on account of throat symptoms, would have led to such an expectation. But more frequently its visible appearance is preceded by some of the symptoms already mentioned. Generally, within twenty-four or thirty-six hours after the attack, upon the inflamed mucous surface, are seen a number of white spots, irregular in outline, and of various sizes, from that of a pin's head to that of

one's finger nail. The first impression is likely to be, that they are ulcerations which have destroyed, in those places, the mucous membrane, and it is quite common to hear them spoken of as ulcers or *canker*, by non-professional persons. But a more careful examination shows its true character—that it is a deposit upon, and not a corrosion of, the inflamed surface. If the disease progresses, these distinct spots increase in number and size, till they unite and form a continuous layer of various extent and thickness.

Sometimes the membranous stratum is a mere film, and quite transparent, at first, which may perhaps cause it to be overlooked, but it soon becomes thicker and opaque, and the colour is usually of a dull white or grayish hue.

It appears to be a fibrous structure, quite tough and firm. Specimens of it have been detached and thrown off as thick as kid-leather, and I have seen some that were as thick as thin calf-skin. When loosened and separated from the surface to which it was attached, the underlying membrane very rarely exhibits any evidence of ulceration or other disorganization, but the plastic exudation is liable to form again, if the process of detachment be prematurely hastened.

The space covered by the false membrane is subject to the greatest variation. In slight cases there may be, perhaps, a few dots of it here and there, or one or two spots a line or two in diameter;

while, in the more aggravated examples, the palate, tonsils, and fauces present to the eye an unbroken coating of this substance, at the same time that the other unmistakable indications prove its extension into the pharynx and trachea.

In the latter case, if the disease be not speedily arrested, the patient dies, with all the symptoms of croup.

Between these extremes, there may be every variety of development, and the symptoms and the danger will be modified according to the parts that happen to be involved.

As the disease progresses, and sometimes at an early stage of the attack, the breath becomes exceedingly offensive, so much so as to affect the atmosphere of the room where the patient lies with an almost intolerable fœtor. At the same time, the inflammation may extend to the nostrils, accompanied with a more or less abundant discharge of an acrid, foul-smelling secretion from the nose, not unfrequently mixed with shreds of membrane.

In addition to these symptoms, there is more or less swelling of the parotid glands, upon one or both sides. These swellings are sometimes very considerable, but seem not to be very painful, nor do they manifest any disposition to suppuration.

The most frequent cause of death appears to have been the extension of the false membrane into the air-passages, producing the same mechanical obstruction to respiration, and terminating in pre-

cisely the same manner as in ordinary croup. In a portion of the cases, however, the fatal result seems to depend less upon the obstruction of respiration, than upon a general prostration and exhaustion of the vital forces. The process of throwing out this plastic exudation appears to draw so heavily upon the system as, with the low typhoid character of the constitutional symptoms, to imperil the life of the sufferer from sheer exhaustion.

In one or two cases that have come under our observation, the inflammation has so affected the organs concerned in deglutition, as to make the act of swallowing very painful and well-nigh impossible, the half-lethargic patient preferring, apparently, to die of starvation, rather than to undergo the distressing effort of taking the simplest nourishment into the stomach.

The perhaps most complete account of this epidemic that has yet appeared was written about forty years ago, by Brétonneau, a physician of Tours, in France, in which he describes very minutely the disease as it prevailed in that city, and some other towns, for three years. He considered the formation of a concrete membranous exudation under such circumstances to be so remarkable and peculiar a feature as to deserve a special designation. To him, accordingly, we are indebted for the term *Diphtherite*, or *Diphtheritis*, by which this form of disease is getting to be

generally recognised, especially in France, where it has occasionally appeared since the time of Brétonneau.

This disease is not croup, although children and others often die from that disease; and, to all intents and purposes, in most fatal cases of diphtheria, the immediate cause of death is croup, although not necessarily so.

As a matter of fact, it is only in a certain number of cases that *Diphtheria* takes on the characteristics of croup, while in other important particulars the difference between the two diseases is clearly defined. In croup, the inflammation and membranous exudation commence in, and are confined to, the trachea, and the symptomatic fever is inflammatory throughout. In *Diphtheria*, the plastic deposit originates in the pharynx, and in many cases does not extend to other passages, but in some the inflammatory action involves not only the pharynx, but dips into its several apertures, and thus it may happen that false membrane, of greater or less extent, may be formed in the trachea, and give rise to most distressing dyspnoea and other alarming symptoms of true tracheitis; but unlike croup, as before remarked, the inflammation tends to assume a gangrenous and putrid character, and the accompanying fever is typhoid. In a large number of instances the membranous deposit consists of a few small patches upon one or both tonsils, the palate, or the fauces, without even affecting in the slightest

degree the larynx or trachea. Nor does it *always* extend to those organs, even when the deposit covers a much greater extent of surface.

I proceed, now, to give the above-mentioned condensed history of the progress of an attack of *Diphtheria*.

An attack of diphtheria ordinarily commences with feverish symptoms of more or less intensity, which consist of chills and fits of shivering, followed by flushes of heat, the skin is hot, the face flushed, and the patient has a certain anxious expression of countenance: the urine is high coloured and deficient in quantity: gradually, about the second to the fourth day, the throat symptoms attract attention; on looking into the mouth, the mucous membrane covering its back part will be seen to have a purplish hue, and the tonsils will appear somewhat swollen, at the same time that there will be a slight difficulty in swallowing: as the disease advances, there appear patches of deposit of a whitish colour, and of a pulpy consistence, upon the lining mucous membrane of the mouth, commencing upon that portion covering the tonsils, which presents immediately under and around the patches a deep red colour; these, which are at first separate, gradually become confluent—*i.e.* continuous the one with the other—and constitute a false lining membrane to the throat; in severe, and generally fatal, cases, the false has been separated from the true lining membrane of the throat, and, after violent efforts,

ejected, presenting almost a perfect cast of that organ. The inflammation is very likely to extend rapidly, in consequence of the continuity of the membrane lining the throat, with the mouth, nose, gullet, larynx, and windpipe, and, through the last-named tube, with the air-tubes of the lungs; the other symptoms, at an advanced period in the progress of this disease, are, impossibility of swallowing, even the saliva; any liquid swallowed returns by the nostrils, and suffocating attacks recur at lessened intervals. The patient, if the case terminate fatally, generally dies from suffocation induced by the blocking up of the air-tubes with the false membrane, or with symptoms of typhus.

Probable Termination.—This affection, in a large proportion of cases, terminates fatally with croup symptoms, or with the cerebral ones of typhus. It is to be feared, even, that the proportion of those who die from diphtheria is greater than would appear from the returns made concerning its successful and unsuccessful treatment; this is so for the reason that many cases of bad ulcerated sore throat are cured, and are returned as cases of diphtheria “cured.” In conclusion, it may be remarked that, the allopathic, or old-system, treatment of diphtheria is very unsuccessful, and that of homœopathy is at present too restricted in its field to be spoken of with certainty as to its supereminent success. The homœopathic treatment is, however, evidently more worthy of reliance than

the allopathic, for this disease, as well as for all others, it having the great law of "*similia*" to guide its practitioners to a correct choice of a remedy homœopathic, and so curative, to this very serious affection.

TREATMENT.

Diet.—This is of great importance, on account of the utter prostration attending this disease; this is a most noticeable feature in its history, and requires the most careful consideration. The patient must be fed by the mouth, as long as he can swallow, with the most nutritious food procurable; if he be unable to swallow, injections of beef-tea are to be, by means of an enema syringe, thrown into the lower bowel.

Local Treatment.—A wet bandage should be applied to the throat, as directed for "quinsy," and renewed as often as it becomes dry.

This recommendation is given for the reason that the cold-water cravat has constantly been found to produce an agreeable impression upon the feelings of the patient, and has appeared to assist very sensibly in producing a favourable effect from the internal remedies.

A solution of yeast as a gargle has helped to relieve something of the fœtor of the breath and tendency to gangrenous disorganization.

Of course, the utmost attention to cleanliness, pure air, etc., must be observed.

Respecting all internal local applications, such as painting the tonsils, etc., with nitrate of silver, but little can be said in their favour; in diphtheria the mucous membrane implicated extends into the gullet and larynx, beyond the reach of any brush or gargle. The only feasible means is the partial inhaling of medicated vapour; any benefit so derived is likely, however, to be confined to the windpipe, and to the mucous membrane extending upwards therefrom.

If death from suffocation be imminent, the operation of laryngotomy or tracheotomy may be performed by a surgeon, and temporary relief be afforded; it is doubtful, however, if, in cases so far advanced towards a fatal result, permanent relief be ever afforded, and whether the operation does not only prolong, or repeat, the sufferer's agony.

Medicinal Treatment.—The homœopathic medicines employed in diphtheria are very numerous. The lay homœopathist had better consult the remedies given in the articles on *Sore Throat* and *Croup*, more especially the former. Consult, further, the under-mentioned remedies.

Remedies. — *Belladonna*, *Rhus Toxicodendron*, *Mercurius Iodatus*,* *Arsenicum*, *Antimonium*, *Tartaricum*, *Spongia*.

The following remedies, in addition to the above-

* *Mercurius Iodatus* is not one of the remedies included in the *Materia Medica* of this work. We give it, in most cases, in the second decimal (first centesimal) trituration.

mentioned, are deserving of consideration, namely, *Aconite*, which, in the early feverish stage, is often of benefit, *Acidum Nitricum*, *Baryta Carbonica*, *Hepar Sulphuris*, *Iodium*, *Lachesis*, *Mercurius Sol.* *Hab.*, *Nux Vomica*, and *Phosphorus*.

The other remedies, recommended in this article for "*Diphtheria*," can be obtained, in a lower potency and of increased strength, separately, of most homœopathic chemists.

The writer of this work has found the use of *Aconite* in the first instance, and afterwards of *Baryta Carbonica*, *Nux Vomica*, and *Lachesis*, quite effectual, although the symptoms had advanced so far that the patient could not swallow any food, that fits of suffocation recurred every five to seven minutes, and any fluid, attempted to be swallowed, returned by the nostrils.

*Belladonna and Rhus Toxicodendron.**

Generally, the *Belladonna* or *Rhus Toxicodendron* may be continued at intervals during the stage of febrile excitement—the choice between the two being affected by the character of the fever as well as by the appearance of the throat. The more the fever approaches an inflammatory type, the better

* The low potency tinctures are generally employed by homœopathic practitioners in the treatment of this, so often fatal, disease. If, however, professional aid be not obtainable, and the above alluded to potencies are not to be got, or, of course, if the reader prefer the high potencies, the dilution or trituration ordinarily employed can be administered.

are the indications for *Bell.*, whilst a tendency to an adynamic condition requires *Rhus*.

Belladonna.—In the simplest forms of diffusive inflammation, in which no marked peculiarity can be observed, a few doses of *Belladonna*, in solution, suffice to effect a revolution in a short time. Or if, with some swelling of the tonsils, there is a bright scarlet redness, uniformly extending over the mucous membrane, *Belladonna* is still indicated.

Rhus Toxicodendron.—If, however, the inflammation be of a dark red, or if there are dark crimson patches scattered over the inflamed surface, *Rhus Toxicodendron* will be found the more effectual remedy.

DOSE.—Four globules, two pilules, or one drop of the tincture, in a dessertspoonful * of water; or, if the patient be completely unable to swallow, put the medicine, without any water, at once upon the tongue (the tincture upon a small piece of loaf-sugar). Repeat in half an hour, or every one, two, three, or six hours, according to the severity, and amelioration, of the symptoms.

Mercurius Iodatus.—As soon as the least appearance of membranous deposit is observed, or if there be any swelling of the glands of the neck, the *Iodide of Mercury* should be freely administered, and generally continued until there is a complete obliteration of those symptoms. The immense value of this remedy in this disease will be easily under-

* If there be great difficulty in swallowing so much fluid, employ a teaspoonful of water.

stood by those who have experienced its efficacy in analogous diseases. We have given it mostly in doses of the first trituration, and the effect in arresting and detaching the false membranous formation has been in many cases most gratifying.

DOSE.—*Adults*: As above recommended in the text, grain doses of the first trituration are usually given. The dose is to be repeated every two hours. *Infants*.—One-fourth,* or one-sixth of a grain of the first trituration.

Arsenicum is to be given when, with the foetid breath, the lining of the nostrils becomes affected and discharges a viscid, foul secretion, and there is a great and increasing prostration of strength. It has also proved very useful, after the separation of the false membrane, in relieving the extreme tenderness which remains, as well as in keeping up the vital energies.

DOSE.—The same as prescribed for *Belladonna* and *Rhus Toxicodendron*. If the second centesimal dilution be employed, as it is better it should be, give one drop for a dose, every two, three, four, or six hours.

Antimonium Tartaricum and *Spongia*.—When the inflammation and consequent deposit extends to the trachea, threatening to carry off the patient with the usual symptoms of croup, the remedies, besides those already mentioned, that have been most successful in combating this alarming state of things, have been *Antimonium Tart.* and *Spongia*,

* One grain of the first trituration is to be rubbed up with three or five grains of sugar of milk (this requires the aid of the homœopathic chemist); give a fourth or six part for a dose.

given according to indications sufficiently well understood.

DOSE.—Same as for *Belladonna* and *Rhus Toxicodendron*. See, further, the article on “*Croup*.”

Additional Remarks.—This article has already overstepped the limits that it was designed in the first place to occupy. For this reason, as well as because of the danger of a fatal result taking it out of the sphere of domestic treatment, it is not considered advisable to go more fully into the characteristic indications of the remedies already mentioned. I may, however, mention that the mineral acids are well worthy of notice,—*Acidum Nitricum*, *Acidum Hydrochloricum*, *Acidum Fluoricum*, *Acidum Sulphuricum*, etc.

LOCKJAW.

(*Trismus*.)

THIS is a local variety of *Tetanus*. This very dangerous condition is a continued spasmodic contraction of certain muscles connected to the lower jaw (inferior maxillary bone). The sufferer is altogether unable to open his mouth for the purposes of taking food, etc.

Causes.—This condition may supervene immediately, or an interval of several days may occur, upon the wounding of the patient. It is commonly

believed, both in the profession and out of it, that tetanus is always, or, at all events, in the great majority of cases, caused by wounds of the hands or feet. It is most probable, however, that this is an easily explained coincidence, rather than a necessary condition to muscular spasm; and that, in this case, as in many others, the *post hoc* is not the *propter hoc*.

The existing wound may be caused in various ways. The most common are,—cuts of the hand, especially between the thumb and first finger; wounds of the palms of the hands, or soles of the feet (especially the latter), with rusty nails, splinters of wood, etc. Lastly may be mentioned, bites of rabid animals, snakes, etc.

TREATMENT.

Enlarge the wound, if there be one, with a sharp, clean penknife; it is deserving of notice that the apparent healing of the wound does not remove the condition under our notice. Apply poultices to the wound.

Remedies.—*Arnica Montana*, *Aconitum Napellus*, *Belladonna*, *Lachesis*, *Stramonium*, *Crotalus*.*

Arnica Montana is to be employed at a very early stage, both internally and as a local application. It may be advantageously alternated with *Aconite*.

DOSE.—*Internal Administration.*—One drop of the tincture,

* *Crotalus* is not one of our forty-five remedies. It is one of the "*Additional Remedies*."—See "*Note*," page 160.

three globules, or two pilules. Repeat every two hours, or, on alternate one or two hours, with *Aconite*.

Local Application.—Let drop a few (two to six) drops of the concentrated tincture of *Arnica Mont.* upon the poultice. Later, foment with an *Arnica* lotion composed of five * to fifteen drops of its concentrated tincture to a wine-glass of water.

Aconitum Napellus is indicated in very many cases, especially in the early stages, both by the febrile and nervous symptoms; among the latter, a great fear of death would be a marked indication. It may be given alone, or in alternation with the last-named remedy. In many cases, the *matrix* tincture (a sixth or twelfth part of a drop) is preferable to the ordinary tincture (3).

DOSE.—Same as for *Arnica Montana*. Repeat every one, two, or three hours, either alone or in alternation with that remedy.

Belladonna and Lachesis.—If no relief be afforded by *Arnica* and *Aconitum*, and if professional homœopathic advice cannot be obtained, give these remedies in alternation, in place of the former.

DOSE.—The same as for *Arnica*. Repeat every other two hours.

Stramonium and Crotalus.—If improvement do not take place, and if the reader be still flung on his own resources, give these remedies in place of the last two named. The reader should employ *Lachesis* if *Crotalus* cannot be obtained.

DOSE.—See *Belladonna* and *Lachesis*.

* Regard must always be paid to the susceptibility of the patient to the action of *Arnica*, and to any predisposition to erysipelatous inflammation.

Note. — The local variety (lockjaw) and the general one (tetanus) are both dangerous, and, very possibly, fatally-ending complaints. For these reasons, no time should be lost in obtaining the services of a skilful homœopathic practitioner.

KIDNEYS, INFLAMMATION OF THE.

(See Part VIII.)

LIVER, DISEASES OF.

(See Appendix.)

PART VI.

AFFECTIONS OF THE DIGESTIVE ORGANS.

(STOMACH, BOWELS, ETC.)

OFFENSIVE BREATH.

THE treatment of this condition depends entirely upon its cause. If it be caused by neglect of the mouth, not brushing the teeth, or rotten teeth, the remedial measures are obvious. In the former case, brushing the teeth morning and night, and after every meal, with a moderately hard tooth-brush, taking care to brush the teeth up and down. In the case of decayed teeth, or *tartar*, consult a dentist, and have them stopped or scaled, as the case may be. Rotten stumps of teeth are often very offensive to the smell and taste, as well as injurious to the health, and should be removed by a skilful dentist.

The causes of offensive breath, requiring homœopathic medicinal treatment, are ptyalism (salivation from mercury), indigestion, deranged stomach, flatulency, etc. When foul breath is but a symptom of a recognised disease, treated of elsewhere, the reader is referred to its proper article.

In addition to the articles on "*Indigestion*," "*Constipation*," etc., the reader will find some useful information on this subject, in the article on "*Scurvy, Canker of the Mouth*."

MERCURIAL SALIVATION.

Remedies.—*Carbo Vegetabilis*, *Hepar Sulphuris*, *Acidum Nitricum*.

Carbo Vegetabilis may be given in cases that are not ameliorated by the administration of *Hepar Sulphuris*, where there is sore throat, with considerable hoarseness. This remedy may be alternated with *Acid. Nitr.*

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Give one dessertspoonful of this mixture for a dose, every six hours; or every alternate four hours with *Acid. Nitr.*

Hepar Sulphuris is indicated by—a profuse flow of saliva and ulceration of the gums; swollen tonsils, also by swelling of other glands; tenderness of the nose to pressure; falling off of the hair; painful growths on the skull cap; diarrhoea with straining; skin inflamed and disposed to ulcerate.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four or six hours for three days; if relief be afforded, continue this remedy for a week or ten days,—if not, give *Carb. Veg.* or *Ac. Nitr.*

Acidum Nitricum, for offensive breath, in cases of syphilis which have been mismanaged by mercurial preparations. See the article on “*Scurvy*, *Canker of the Mouth*.”

DOSE.—See the above-mentioned article.

SALIVATION (NOT MERCURIAL).

Mercurius is almost specific; offensive breath;

an increased flow of saliva; soreness of the gums, mouth, and throat. See "*Scurvy*."

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat three times a-day, for from four to seven or eight days.

Sulphur.—This should succeed the last-named remedy.

DOSE.—See *Mercurius*. Repeat every night at bedtime, for a week.

OFFENSIVE BREATH TOWARDS NIGHT.

Remedies.—*Pulsatilla*, *Sulphur*.

Pulsatilla should be administered for the first week. *Pulsatilla* is especially useful for the offensive breath of females with blonde complexion, easy disposition, and who are easily affected to tears.

DOSE.—See *Mercurius*. Repeat morning and evening.

Sulphur should be taken for a week, if the *Pulsatilla* do not afford relief.

DOSE.—See *Mercurius*.

OFFENSIVE BREATH IN THE MORNING.

Remedies.—*Nux Vomica*, *Sulphur*.

Nux Vomica should be taken, at bedtime, for a week. *Nux Vomica* is especially indicated in cases where there is constipation, and in those where the patient indulges in stimulants, in the excessive use of tobacco, in late, indigestible sup-

pers, or is addicted to sedentary pursuits, and takes very little exercise.

DOSE.—See *Mercurius*.

Sulphur should be administered after the last-mentioned remedy for about a week.

DOSE.—Same as for *Carbo Vegetabilis*. Take a dose every morning and evening.

OFFENSIVE BREATH AFTER A MEAL.

Remedies.—*Chamomilla*, *Nux Vomica*, *Sulphur*.

These three remedies are to be given for three successive weeks, in the order named, if there be no special indication for any one medicine. *Chamomilla* is chiefly suited to children and females.

DOSE.—*Children*: One or two globules, or one pilule, in a little water, one hour before each meal. *Adults*: See *Hepar Sulphuris*. Repeat as above directed.

Nux Vomica and *Sulphur* are indicated in individuals of energetic disposition, who are inclined to hæmorrhoids (piles). *Nux Vomica* should be taken at bedtime for a week, then *Sulphur* also for a week.*

DOSE.—See *Hepar Sulphuris* and *Chamomilla*.

Sulphur for chronic cases, or as an intermediate remedy, when the *Nux Vomica* or *Chamomilla* ceases giving relief.

DOSE.—See *Hepar Sulphuris* and *Chamomilla*.

* See "*Indigestion*." In chronic cases, seek professional homœopathic advice.

WANT OF APPETITE.

A PARTIAL or complete loss of appetite is merely one symptom, in common with many others, of indigestion, namely, an incomplete performance of the digestive function. To find out and to remove the cause of the digestive disturbance is to cure the mere symptom.

Causes.—Sedentary habits, and too little physical exercise. Irregularity in the taking of meals. Eating between meals, especially of sweets, buns, pastry, etc. Suppers, particularly if they be taken late, and if they be difficult of digestion, as meat, cheese, etc. Drinking at meals is a common cause of indigestion. To take stimulants, such as bitters, for the purpose of producing an artificial appetite, is sure to be followed by reaction of the system, and by the aggravation of the original symptom. Lastly may be mentioned, the excessive smoking of tobacco, opium, intemperate habits, and late hours.

TREATMENT.

Diet and Hygiene.—The reader at once perceives, after reviewing the causes of this complaint, that a strict attendance to a proper diet and hygiene is necessary to secure a permanent cure. The reader is referred to the articles on "*Indigestion*," and "*Dyspepsia*," and "*Constipation*," for the dietetic

and hygienic treatment of want of appetite. The patient should drink plenty of cold water, except at meals and when heated.

Remedies.—*Antimonium Crudum*, *Arnica Montana*, *Bryonia*, *Chamomilla*, *China*, *Hepar Sulphuris*, *Ipecacuanha*, *Lachesis*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

Antimonium Crudum, for want of appetite, with foul taste in the mouth, excessive flow of foetid saliva, coated tongue, foul eructations, etc.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and take a dessert-spoonful for a dose. Repeat after a lapse of four hours.

Arnica Montana, for loss of appetite ; for a feeling of nausea that renders difficult the swallowing of food ; bitter, foul risings, and taste in the mouth ; nausea ; heartburn ; waterbrash ; fulness after eating. Hence, in indigestion with loss of appetite.

Dose.—See *Antimonium Crudum*. Repeat in a similar manner.

Bryonia is indicated if, with loss of appetite, there be violent thirst, with a desire for uneatable substances. The food is bitter, or is without any taste.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessert-spoonful of water. Repeat after a lapse of four hours.

Chamomilla, in various affections of the stomach, bowels, and liver, in which cases a want of appetite may be a symptom. It is especially suited to children and females. Nausea ; empty risings ;

acid risings, or vomiting of food ; tenderness and fulness about the region of the liver. The effect of a fit of passion.

DOSE.—Same as for *Bryonia*. Repeat every three or four hours. *Infants*: A teaspoonful of the above mixture. Repeat in a like manner.

China is suited to persons of a bilious habit, who are much reduced by previous illness, who sweat too easily, or who have a discharge of some kind. The patient complains of a sour or bitter taste in the mouth, or the food and drink have a sour or bitter taste. Appetite only whilst eating, accompanied by an indifference to the kind of food taken.

DOSE.—Same as for *Bryonia*. Repeat three times daily.

Hepar Sulphuris, in cases where there is only an appetite for sour, tasty things, or a desire for wine. Dislike to fat. The food has no taste. In cases of *Dyspepsia*, where loss of appetite is a symptom (see "*Indigestion*," and "*Spasms*").

DOSE.—Same as for *Antimonium Crudum*. Repeat in a like manner.

Ipecacuanha may be usefully administered for a want of appetite, with a feeling of sickness ; or with vomiting of the food taken, of phlegm, or of blood ; or with a nauseating, empty feeling, or an exceedingly distended sensation in the region of the stomach. These symptoms often follow the taking of food for which there has been no appetite.

DOSE.—Same as for *Antimonium Crudum*. Repeat after an interval of three hours, if there be no relief.

Lachesis, for loss of appetite, or gnawing hunger. Sensation of a swelling, or ball, in the throat, with a difficulty (at the same time with the desire) of swallowing. For pregnant females, and for old topers having diseased livers.

DOSE.—Same as for *Bryonia*. Repeat every six hours, or morning, noon, and night.

Mercurius, if there be a dislike to meat and solid food; the taste is foul and bitter; desire for cool drinks; profuse flow of saliva; bilious diarrhoea, with straining. *Mercurius* may be given in alternation with *Bryonia* or *China*, or it may follow *Chamomilla* or *Bryonia*.

DOSE.—Same as for *Bryonia*. Repeat after an interval of six hours.

Nux Vomica is suited to individuals of a bilious habit of body, disposed to piles, and of irritable disposition. If the patient take much wine or other stimulants, live high, and be in the habit of taking supper. His bowels are constipated, and he suffers from pains and a sensation of fulness at the pit of the stomach after eating. His sleep is disturbed by dreams; it is unrefreshing, and he wakes about four in the morning.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat, according to the severity of the symptoms, every three, four, or six hours, or at bedtime only; this last, if the waking at 4 A.M. be the chief symptom.

Pulsatilla is preferable, for *blonde* females, to *Nux Vomica*.

DOSE.—Same as for *Nux Vomica*. Repeat every three, four, or six hours.

Sulphur is alternated with *Nux Vom.* with advantage, if *Nux* be indicated, and if the case be of long standing, and the patient be disposed to piles.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two tablespoonfuls of water, and take a dessertspoonful for a dose. Repeat every other third or fourth hour, alternately with *Nux Vomica*.

HEARTBURN—WATERBRASH.

HEARTBURN and WATERBRASH are two prominent symptoms of dyspepsia. — See “*Indigestion*,” “*Dyspepsia*.” Pregnant females are very commonly affected with these two symptoms.

Symptoms.—*Heartburn* is a gnawing burning sensation near the heart and the pit of the stomach, with a greater or less feeling of faintness, loss of strength, uneasiness, and nausea. *Waterbrash*, or *blackwater*, is a burning pain at the pit of the stomach, with a rising of tasteless, or sour, or even acrid and burning, fluid into the mouth.

TREATMENT.

Diet and Hygiene. — See “*Indigestion*, *Dys-*

pepsia," and "*Constipation*." Observe the effects of acid drinks, and food, upon the digestion; and, at the same time, what kinds of food, especially, turn acid on the stomach.

Remedies.—*Antimonium Crudum*, *Arnica Montana*, *Arsenicum*, *Bryonia*, *Calcarea Carbonica*, *Carbo Vegetabilis*, *Chamomilla*, *China*, *Hepar Sulphuris*, *Ignatia*, *Ipecacuanha*, *Lachesis*, *Lycopodium*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Rhus Toxicodendron*, *Sulphur*, *Veratrum Album*.

The reader is referred to the above-mentioned articles, also to those on "*Flatulence*" and "*Spasms*," for the indications for each medicine; also to the latter's respective articles in the "*Materia Medica*," subdivision "*Digestive Function*."

FLATULENCY—WIND.

THIS very common complaint is one of the most common symptoms of indigestion.

Causes.—Indigestible food is the chief cause of wind; as, cucumber, salad, radishes, and uncooked vegetables and fruit. Also drinking cold water when heated. Different individuals are affected very differently by similar kinds of food. Flatulency is the universal trouble of females during

pregnancy, lying-in, and the greater part of the suckling months. A necessary consequence of the mother's flatulency is the presence of the same symptom, with colic, in the infant.

Symptoms.—Flatulence, in the stomach or intestines, causes many very painful symptoms; as, laboured and obstructed respiration, violent palpitation of the heart, headache.

TREATMENT.

Diet.—This is an affection that, in slight cases, may be avoided by abstinence from indigestible articles of food. Adults know by experience in what way different kinds of food affect them. In the case of children, consult the article on "*Colic*." In long-standing cases, consult a homœopathic practitioner.

Remedies.—*China*, *Nux Vomica*, *Pulsatilla*, *Chamomilla*;—*Arsenicum*, *Belladonna*, *Carbo Vegetabilis*, *Colocynthis*, *Sulphur*.

China.—When caused by flatulent food, especially in persons debilitated by exhaustive discharges. Flatulency requiring *China* is a frequent symptom with dyspeptic persons, and with those who have an enlargement of the liver and spleen (that of the latter is often evidenced by considerable swelling on the left side of the pit of the stomach); these suffer, as well as with flatulency, from symptoms of jaundice, slimy and bitter taste,

dröwsiness, heaviness after meals, and nausea; the flatulence is foul.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat, in acute cases, every three hours.

Nux Vomica.—For flatulency caused by habits of intemperance, especially in persons of dark complexion, irritable temper, and of a costive habit. The symptoms are worse in the morning. The effects of eating meat suppers. The flatulency is generally associated with colicky, or griping, pains, about the stomach and navel regions, of a spasmodic description; the attack ends in the rising of wind and, sometimes but not always, of sour or tasteless water; the attack may cause a desire for, and be somewhat relieved by, eating food.

DOSE.—See *China*. Repeat every three or four hours, and at bedtime.

Pulsatilla.—For flatulency caused by fat food and pastry. Risings, bitter, or tasting of the food. Symptoms are worse in the evening. In fair persons of lymphatic temperament, chiefly females. *Pulsatilla* is one of our most valued remedies for this affection, for the reason that females, and others possessing the temperament requiring this remedy, are, from their habit of body and their generally sedentary life, particularly likely to suffer from flatulency.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours.

Chamomilla is more suitable for infants than for adults; although its administration, sometimes, is sufficient to relieve the wind of females of sensitive, nervous organization. If one or two doses do not give the necessary relief, the reader should administer a dose of *Pulsatilla*, of *Belladonna*, or of *Colocynthis*. (Compare those remedies.)

DOSE.—One or two globules upon the tongue. Repeat in twenty minutes, if necessary. *Adults*: same as for *China*. Repeat after an interval of four hours.

Arsenicum, for flatulency excited by the taking of things into the stomach which exercise an immediately depressing influence upon that organ,—ices, fruit, acid drinks, vinegar, etc. There is a painful distention in the region of the stomach, aggravated by pressure, with burning pain, heartburn, waterbrash, and many other severe symptoms of dyspepsia; it may be followed by burning, exco-riating, yellowish, greenish, or blackish diarrhoea.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water. Give one dessert-spoonful for a dose, and repeat after an interval of four hours, if necessary.

Belladonna, in many cases of the flatulency of females and children, of very sensitive and highly nervous disposition, and having fair complexions and a considerable deposit of fat under the skin. *Belladonna* may be given in cases where *Chamomilla* fails to relieve, or does so only partially; or it may be given in alternation with *Pulsatilla*, if the symptoms of both remedies (*Pulsatilla* and

⁴*Belladonna*) are present. See, further, the “*Materia Medica*,” articles “*Belladonna*” and “*Pulsatilla*.”

DOSE.—*Adults*: Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat, if this remedy be still indicated, after an interval of six hours. *Infants*: A teaspoonful of the above-described mixture, or one globule, dry, upon the tongue. Repeat as above.

Carbo Vegetabilis, for a large and distressing accumulation of flatulence in the stomach region, often recurring, and of a foul character, with colic; or flatulence which causes great distention, and cannot be ejected. In cases where the flatulence impedes the breathing, and comes on after sour food. Burning aching pain about the heart's region.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water; or the globules, or pilules, dry, upon the tongue, if a very little cold water aggravates the symptoms. Repeat every four or six hours.

Colocynthis is not so much indicated for flatulence only affecting the stomach, as it is in cases where, combined with griping, colicky pains, it affects more or less the whole abdomen and lower bowels. The attack may be excited by mental annoyance, or suppressed passion. Cases requiring *Colocynthis* are characterized more by the annoyance and pain of the colic, than by the mere accumulation of the flatulence. *Colocynthis* is very often given, with great advantage, in cases where *Nux Vomica* fails to afford relief.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat after an interval of four or six hours.

Sulphur is given in chronic cases, where *Nux* and *Coloc.* have been administered without any effect; or in cases where they have given relief, but it has not continued, and a second or third dose has seemed to have no influence. In the last class of cases, it is generally advisable, after giving one or two doses of *Sulphur*, to return to the previously administered remedy, if the symptoms still indicate its employment.

DOSE.—See *China*. Repeat morning and evening for one day; or, in chronic cases, for a week.

SICKNESS.

(*Nausea—Vomiting.*)

THIS is another of those symptoms, the treatment of which depends upon a knowledge of its exciting cause. This complaint is susceptible of an infinite number of degrees of intensity; from a slight feeling of nausea, or qualmishness, at the pit of the stomach, to the violent retchings and vomitings of an attack of bilious vomiting, or of Asiatic cholera.

Causes.—Errors of diet; worms; colic; cholera; some fevers; various head affections; gall-stones; stone in the bladder or kidneys; pregnancy. Travelling—when many are so affected by the motion of the ship (*Sea-Sickness*, see its separate

article) ; by the motion of a carriage ; by the sight of any unpleasant things about meal-time, etc.

TREATMENT.

General Directions.—The efforts at vomiting, if they depend upon the presence of indigestible and irritating substances in the stomach, should be encouraged by the free drinking of tepid water, until its contents are expelled. If, however, the vomiting be a symptom caused by worms, or if it occur in connexion with colic, cholera, or any other known complaint, read the articles on those diseases.

Diet.—See “*Indigestion, Dyspepsia,*” and “*Constipation.*”

Remedies. — *Aconitum Napellus, Antimonium Crudum, Antimonium Tartaricum, Arsenicum, Bryonia, China, Cocculus, Cuprum, Hepar Sulphuris, Ipecacuanha, Mercurius, Nux Vomica, Pulsatilla, Sepia, Veratrum Album.*

Aconitum Napellus, for the vomiting of blood by an individual of a very full habit of body. Vomiting in connexion with irritation from worms, in cases where the fever, restlessness, and irritability point to this remedy.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat, if necessary, after an interval of three or four hours. In the case of blood vomiting, take a teaspoonful of this mixture every twenty or thirty minutes.

Antimonium Crudum, if the tongue be white or

yellow, and much coated. Vomiting from overloading of the stomach, also of very bitter-tasting, greenish bile. The vomiting indicative of this remedy is only one symptom among a number of others, showing a deranged state of the digestive function. See, further, the articles on "*Indigestion*," and on "*Antimonium Crudum*," the latter in the "*Materia Medica*."

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Take one dessertspoonful for a dose, and repeat, if necessary, after an interval of four hours.

Antimonium Tartaricum, when the patient is depressed, anxious, and complains of nausea, with paroxysms of vomiting. The patient has a violent cough, with a feeling of being stuffed up with phlegm; this excites the retching and sickness.

DOSE.—Same as for *Aconitum Napellus*. Repeat after an interval of four or six hours.

Arsenicum is indicated in cases where the patient retches violently, is exhausted, and is incapable of moving; pale livid face. If with diarrhoea, see the article, "*Cholera Asiatica*." Sickness and vomiting, calling for *Arsenicum*, may follow the overloading of the stomach, or come on after eating or drinking; or it may occur in the morning, and in the evening and night; it may affect pregnant females, or persons of intemperate habits; the vomited substances may consist of bile, of phlegm, or of black blood.

DOSE.—See *Antimonium Cr.* Repeat every four or six hours.

Bryonia is indicated by bilious vomiting, or by the return or vomiting of the food after the meal, after, or in alternation with, *Nux Vomica*.

DOSE.—See *Aconitum Napellus*. Repeat every three or four hours, or alternately with *Nux Vom*.

China, in persons of weak digestion, debilitated by the loss of the animal fluids (blood, etc.), by bleeding, by vomiting of blood, by profuse monthly periods, by excessive white discharges. The attacks have a disposition to return at regular intervals.

DOSE.—Same as for *Aconitum Napellus*. Repeat every morning, noon, and night, for a week; or longer, if relief be experienced.

Cocculus, for sea-sickness, and nausea experienced whilst riding in a carriage, see the article on “*Sea-Sickness*.”

DOSE.—See the article on “*Sea-Sickness*.”

Cuprum, for the vomiting during an attack of *Asiatic Cholera*, with cramps in the chest, with cough, and in the upper limbs.

DOSE.—See *Antimonium Crudum*. Repeat every four hours. See “*Asiatic Cholera*.”

Hepar Sulphuris.—Sickness may be present as a symptom of weakness of the digestive system, as a consequence of the abuse of mercury. Profuse secretion of saliva; sore throat, and feeling of a plug in it; burning feeling in the throat, with stomach risings; desire to vomit early in the morning; vomiting of sour, bilious, green, or slimy substances.

DOSE.—Same as for *Aconite*. Repeat morning, noon, and night.

Ipecacuanha, for simple vomiting, without nausea, of the contents of the stomach, or of phlegm; it may be excited by coughing.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours; or take two teaspoonfuls of the above-described mixture, every ten to twenty minutes.

Mercurius, for bitter vomiting of bilious substances, in jaundice, with nightly nausea; sweet taste in the throat, with giddiness, headache, and a desire to vomit. Burning at the stomach. The nausea and dyspepsia, indicative of *Mercurius*, are nearly always associated with a disordered state of the liver, with constipation, or, at a later stage, with relaxed, bilious motions.

DOSE.—Same as for *Aconite*. Repeat thrice daily.

Nux Vomica, after indulgence at table, errors of diet, etc., in individuals of bilious temperament, with a disposition to piles. *Nux Vomica* is indicated rather in cases of nausea, or of spasmodic retching, than in those of vomiting. Individuals so affected, and especially those of intemperate habits, will find great benefit from the employment of this remedy.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, at intervals of two, three, four, and six hours.

Pulsatilla, when the sickness is caused by rich pastry, fat pork, etc. After the meal the patient has eructations tasting of the food. *Pulsatilla* is

especially adapted to females, children, and individuals of mild disposition.

DOSE.—Same as for *Nux Vomica*. Repeat similarly.

Sepia.—The beneficial action of this remedy is confined, in almost all cases, to the female sex, to those of delicate organization,—sensitive, delicate skin, etc. Continual nausea—before breakfast after breakfast, after eating anything; also with weakness; vomiting after the above, followed by retching; sour, bitter, painful risings,—also followed by burning in the stomach, or alternating with hiccough. Chronic cases, after *Pulsatilla*.

DOSE.—Dissolve six globules, four pilules, or one drop of the tincture, in three dessertspoonfuls of water, and take one for a dose, morning, noon, and night.

Veratrum Album, for vomiting and retching, with cramps in the bowels and limbs. The pains of *Veratrum* are more severe, as a rule, in the abdomen and lower limbs than in the chest and arms. This remedy is sometimes administered, advantageously, in alternation with *Cuprum*. See, further, the article on "*Asiatic Cholera*."

DOSE.—Same as for *Antimonium Crudum*. Repeat the dose if relief be afforded, after an interval of five or six hours; or take this remedy every other four hours, in alternation with *Cuprum*.

SEA-SICKNESS.

THIS malady has a separate article for two reasons, —firstly, on account of its special characteristic, namely, the continuance of its exciting cause, and, consequently, of the sickness ; secondly, because of the great interest it excites in all who suffer from it, and the so frequent dread, of sea-travelling at all, it produces. The act of vomiting, or retching, takes place after an interval of extreme depression, with a nauseating and sinking sensation at the pit of the stomach ; additional symptoms are, headache and giddiness.

TREATMENT.

Diet.—The traveller should, previously to going on board ship, avoid fat and indigestible food.

Hygiene.—It is well to avoid as much as possible the stifling close air of the berths or saloon, and to remain on deck, in preference.

The patient should, when obliged to vomit, allow the contents (if any) of the stomach to be ejected with as little straining as possible. Straining efforts, to bring *something more* off the stomach, on purpose, have a directly injurious effect, and cannot possibly have a beneficial one.

Short Voyages.—For short passages (a few hours) the quickest relief is afforded by small doses of *Chloroform*. In the form of *Chloroform capsules*, or two drops of *Chloroform* on a small piece of loaf-sugar.

Homœopathic Remedies.—*Nux Vomica*, *Cocculus*, *Arsenicum*, *Veratrum Album*, *Petroleum*.

Nux Vomica.—Several doses of this remedy should be taken before sailing, also at the commencement of the sickness. The symptoms indicating this remedy come on principally after a meal, and early in the morning (four o'clock, and on rising). Relief from going into the open air.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat every three hours (four times), before sailing.

Cocculus, for sickness caused by the passive motion of a ship, carriage, or swing. Nausea, faintness, and vomiting, with palpitation of the heart. Pinching tearing pain and violent spasm, in the stomach region. See, further, "*Spasms*." *Cocculus* should follow *Nux Vomica*, in cases where the latter remedy fails to afford relief.

DOSE.—Same as for *Nux Vomica*. Repeat every half-hour, hour, or two hours, according to the intensity of the paroxysms.

Arsenicum, if *Cocculus* fail to give relief, and if the sickness be accompanied by extreme prostration; the loss of strength prevents the patient sitting or remaining up. Great pain at the pit of the stomach, with oppressive (weighing-down) fear or anxiety. Great debility and profuse sweats, followed by vomiting.

DOSE.—Same as for *Nux Vomica*. Repeat every two or four hours.

Veratrum Album, for extreme weakness and feel-

ing of faintness, coldness of the whole body, and cold sweat all over. The pulse is scarcely perceptible. Qualmishness at the pit of the stomach, with continual feeling of sickness, with profuse flow of saliva in the mouth, and desire to vomit. Pinching cutting pains in the bowels, and cramp pains in the abdomen and lower limbs.

DOSE.—Same as for *Nux Vomica*. Repeat similarly; or take a teaspoonful of the mixture (a dessertspoonful) every half-hour.

Additional Remark.

Petroleum is recommended by homœopathic writers for this complaint. It is not, however, one of the forty-five remedies prescribed in this work. It is better, before going on a voyage, to procure the medicines suited to sea-sickness in a separate case from the others, if only as a precaution against injury to the latter.

BILIOUSNESS.

A SO-CALLED "attack of the bile" is only, in almost all cases, a symptom of disordered digestion. The reader is referred to the articles on "*Bilious Diarrhœa*," "*Bilious Cholera*," "*Indigestion*," "*Constipation*," etc., for full information on the nature and homœopathic treatment of this symptom.

INDIGESTION—DYSPEPSIA.

General Remarks.—Dyspepsia, or weakness of the organs of digestion, includes the greater number of the stomach and intestinal affections. An enumeration of the leading characteristic symptoms of this complaint illustrates the foregoing statement. The symptoms vary, in different cases, in kind and intensity.

Characteristic Symptoms.—Habitual costiveness or irregular action of the bowels, alternately constipated and relaxed; pains and spasms in the stomach region, and pit of the stomach; sour, often corrosive risings; waterbrash; heartburn; nausea, and, occasionally, vomiting; loss of appetite; too little or ravenous appetite; foul taste in the mouth, on rising in the morning; general weakness; the patient feels tired after slight exertion; feeble pulse; the tongue is coated in the morning; unpleasant taste; uneasy sleep; offensive, foul breath, especially on rising in the morning; distention or feeling of tightness, and of weight, at the pit of the stomach; palpitation of the heart, or of pulsation in the stomach and abdomen.

CAUSES.

Dietetic and Hygienic.—These consist of two great divisions, namely, dietetic and hygienic

these will be found, however, to have both been, in most cases, exciting causes.

Dietetic.—Long-continued and excessive indulgence in warm drinks, as tea, coffee, and similar fluids; in stimulants, such as spirits, wine, and acid drinks; the excessive use of tobacco, including smoking, the taking of snuff, and, in the case of our American friends, last and worst, the chewing of tobacco. An over-indulgence in food at meals, irregularity in taking them, and waiting too long between them, are fertile producers of dyspepsia. The practice of taking a full meal at one or two o'clock (or dinner), and of going, immediately after its termination, to business, is a fertile predisposing cause of dyspepsia. See, further, the article on "*Constipation.*"

Hygienic.—The second division comprises such habits of life as have a depressing influence on the constitution. Want of occupation; sedentary pursuits, and want of sufficient physical exercise; excessive physical exertion, especially when followed by indulgence in the pleasures of the table; late hours, and all fashionable dissipations; lastly, may be mentioned, all depressing emotions, great anxiety, long-continued grief, etc.

TREATMENT.

Diet.—Remove any known cause of indigestion, —see *Causes*. All meals are to be taken at sufficient intervals (avoiding the opposite extreme), and

at regular hours. As a rule, all suppers are injurious, especially those composed of meat, cheese, pastry, malt liquors, pickles (including pickled salmon), or salad. Suppers are fertile causes of disordered sleep, and of waking in the night. Dyspeptic patients should at all times avoid all salt meats,—bacon, ham, salt beef, and, in addition, all salt fish.* Other indigestible articles of diet are,—veal, pork, sausages, salmon, all shell-fish, new bread, tea (especially green), and coffee, and warm drinks generally. The best drink for dyspeptic patients is cold water, as it is the natural strengthener of the digestive system. Cold water should be taken before breakfast, and at bedtime; but little, however, should be taken during meals, at which time the less fluid taken the better, from its interfering with the digestive function. For the last-mentioned reason, all soups, broths, etc., are to be avoided.

Hygiene.—Take plenty of out-door exercise. Sponge the body over every morning with cold water. Eschew feather-beds and pillows, and sleep upon a mattress and bolster.

In addition to these rules, patients troubled with dyspepsia of long standing should keep early hours; avoid all over-exertion, both of the mind and body; should go into society, seek change of air, scene, and of life generally, and avoid, by

* The writer has known dyspeptic patients (*clergymen*) who always suffered from the fish diet enjoined at Lent, etc.

every means in their power, brooding over their troubles, and, in fact, giving way, generally, to that hypochondriacal state of mind which is a markedly prominent symptom of this affection.

Remedies.—*Antimonium Crudum*, *Arnica Montana*, *Bryonia*, *Chamomilla*, *China*, *Cocculus*, *Hepar Sulphuris*, *Ignatia*, *Ipecacuanha*, *Mercurius*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Sulphur*.

*Antimonium Crudum** is indicated by—"Chronic loss of appetite; eructations; eructations, tasting of the ingesta (food taken into the stomach); nausea, loathing disposition to vomit, consequent upon a spoiled stomach; colic, with absence of appetite, hard stool, and red urine,"—"pinching in the belly, with a sensation as if diarrhoea would come on; alternately diarrhoea and constipation, in people rather advanced in age; difficult, hard, stool." The presence of pimples on the face, and of sores at the corners of the mouth, and on the lips, and about the nostrils, are additional manifestations for the use of this remedy.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every six hours, or morning, noon, and night; and, when the symptoms are ameliorated (*Ant. Cr.* being still indicated), morning and evening.

Arnica Montana is indicated by great sensitiveness and nervous irritation; putrid and sour taste in the mouth, and eructations; or the last-named with a taste of rotten eggs. Desire for acids;

* *Hahnemann's Chronic Diseases*, vol. ii. p. 157.

headache; giddiness; dirty yellowish complexion; hypochondriacal temperament.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat after a lapse of two, three, or four hours, if the symptoms continue.

Bryonia is suited to this complaint in warm and wet weather, and in bilious and rheumatic individuals. The symptoms are made worse by any motion towards night (evening), by eating, and particularly by drinking cold fluids immediately after a meal, or when heated. Bitter taste in the mouth; bitter taste of the food; aversion to food, even to the smell of it; loss of appetite, or ravenous hunger. Nausea, with bitter or sour risings, or bilious vomiting, and confined bowels, are the leading indications for this remedy.

DOSE.—Same as for *Arnica*. Repeat similarly, or every three hours.

Chamomilla is especially adapted to the dyspeptic symptoms and indigestion of children and females; to those of the latter so common during pregnancy and lying-in. The symptoms indicating *Chamomilla* are,—dirty and yellow-coated tongue; putrid or bitter taste in the mouth, at night or early in the morning; empty or sour risings, aggravating the pains; fulness during or after a meal, followed by nausea and a desire to vomit. Rising into the mouth of food taken into the stomach; vomiting of food, or of sour, slimy, or bitter and bilious, substances. Painful fulness and oppression at the

stomach, as if from the pressure of a stone. Spasms of the stomach, from coffee, after meals, and at night, with restlessness and drowsiness. A continuous tight feeling under the ribs and of the brain. The bowels are constipated, or relaxed, and consisting of watery, greenish, mucous, and, partly faecal, motions.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat after an interval of four or six hours.

China, for the dyspepsia of individuals weakened by the loss of the animal fluids, loss of blood, exhaustive perspirations, etc. For indigestion of persons in the vicinity of canals, rivers, or marshes. Desire for wine and stimulants. Frequent weakness, also of digestion, after a meal; drowsiness; fulness; distention. Hypochondriacal temperament. *China* is homœopathic to indigestion, characterized by great weakness of the stomach and disease of the liver (from over-stimulation of that organ), following the allopathic, excessive use of *Mercury*; but not in cases where *Quinine* has been taken in allopathic doses.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours, or morning, noon, and night, for a week.

Cocculus acts beneficially in cases of spasm of the stomach, where *Nux Vomica* proves insufficient for its removal. The symptoms are made worse by eating and drinking. Pinching, tearing pain

and spasm of the stomach. See, further, the article on "*Spasms*."

DOSE.—Same as for *China*. Repeat after an interval of four or six hours.

Hepar Sulphuris, for chronic dyspepsia, where the digestive system has been weakened by the frequent use of mercurial preparations (commonly blue pills or calomel, taken for a *sluggish* liver). Hard, dry, difficult stools. Morning nausea, with eructations, or sour bilious vomitings. A sensation of weight, fulness, and pressure, at the pit of the stomach; uncomfortable pressure of the clothes below the ribs; food tastes bitter, and a bitter taste in the mouth; easily excited and frequent attacks of indigestion, whatever care be taken with respect to diet.

DOSE.—Same as for *China*. Repeat the dose, thrice daily, for a week.

Ignatia, for pains of dyspeptic patients, made worse by coffee, brandy, smoking, noise, and which come on after dinner, on lying down and on waking in the morning. Bad taste in the mouth, in the morning; flat taste like chalk; the food is tasteless; hiccough after eating and drinking; feeling of weakness at the pit of the stomach, as from long fasting.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat after a lapse of four hours.

Ipecacuanha, especially for the indigestion of

children, who have been vomiting the ingesta (*i.e.* food and drink in the stomach), also bile, phlegm, etc. The face and limbs are cold. Sinking at the pit of the stomach. Vomiting and diarrhoea. Nausea and waterbrash. Vomiting from overloading of the stomach in children.

DOSE.—*Adults*: The same as for *China*. *Infants*: One or two teaspoonfuls of the adult's dose. Repeat every two, four, and six hours, according to the amelioration of the symptoms.

Mercurius, for foul, bitter, sweetish taste, early in the morning; want of appetite, or a dislike to meat, solid food, or hot food; and a craving for cool things, cold drinks, or stimulants. Great hunger, very easily appeased; tenderness, uneasiness, pressure, fulness, and nausea, across the stomach; the bowels are rather relaxed, accompanied by straining; flatulence, constipation, and constant ineffectual desire for stool. Hypochondriacal, bilious temperament.

DOSE.—See *China*. Repeat every two, four, and six hours.

Nux Vomica is indicated by symptoms closely resembling those induced by indulgence in stimulants, late hours, and sedentary pursuits. *Nux Vom.* is especially suited to individuals having dark hair, dark eyes, and of dark complexion; of energetic and hasty temperament; of a costive habit of body, and who are inclined to piles. The symptoms are made worse by coffee and stimulants, and often come on about three o'clock in the morning, following a late or indigestible supper.

The symptoms indicating *Nux Vom.* are,—sour, putrid, or bitter taste in the morning; food, especially bread, tastes bitter sour, or is tasteless; loss of appetite, with repugnance to food; nausea, sickness, and vomiting, in the morning before breakfast, or after a meal; bitter or sour risings; waterbrash, especially sour; heartburn; the stomach is very sensitive to touch, constant pain there, or a feeling of pressure as of a stone; griping, tearing pains in the stomach, especially after a meal. The above symptoms are often accompanied by constipation, characterized by ineffectual desire for stool. *Sulphur* follows well after *Nux Vomica*.

DOSE.—See *China*. Repeat every four hours.

Phosphorus is an important remedy for the dyspepsia of young girls, and others, of a consumptive habit of body; and in cases where the symptoms of the cough, and respiration, etc., point to its administration. It is wise, however, to get professional homœopathic advice at once, in this incipient stage of phthisis (consumption).

DOSE.—Same as is mentioned below for *Sulphur*.

Pulsatilla, for dyspepsia, in individuals of temperament the opposite of *Nux Vomica*,—lymphatic, phlegmatic, inclined to *embonpoint*, having fair hair and complexion, light eyes, and easy disposition. No thirst; uneasiness at the stomach; risings or vomitings; waterbrash; sour, bitter, or food-tasting eructations; hiccough; frequent, loose stools, or constipation. *Pulsatilla* is especially

adapted to the indigestion of females, as *Chamomilla* is to that of infants. In the class of cases just referred to, symptoms of indigestion and weak digestion are very frequently met with during the monthly period (or during its suppression), during pregnancy, lying-in, and suckling; the temperament of the patient should, however, correspond. *Pulsatilla* is indicated if the attack be caused by over-eating, or the eating, especially, of pastry, pork, and fat food generally.

DOSE.—See *Arnica Montana*. Repeat every three or four hours.

Sulphur is the best remedy after *Nux Vomica*, in chronic cases, and where *Nux Vomica* has afforded partial relief, which does not, however, continue, in, perhaps, the same way that *Sepia* follows well after *Pulsatilla*. Want of appetite for meat and bread, and a desire for stimulants (wine), and acid drinks; acidity; waterbrash; wind and flatulence; irritable temperament, piles, and constipation.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one for a dose, morning, noon, and night. Repeat for two days, or more if the improvement continue.

SPASMS.

AN "attack of the spasms" is an effect or symptom of indigestion of so much severity, and of such importance and dread to the individuals affected by it, as to acquire in their eyes all the importance of a disease *sui generis*.

Nervous individuals, especially females, are very subject to attacks of spasms.

Causes.—The general reader calls every attack of pain about the pit of the stomach, or on either side, under the ribs, and as far down as the navel, an attack of the spasms. The causes of the pain felt over so extensive a region are, however, widely different. Violent continued pain, or paroxysms of pain at various intervals of time, under the short ribs on the right, may be dependent upon inflammation of the liver, or, especially in very severe cases, upon the passage of gall-stones from the gall-bladder into the small intestine. It may be due to a diseased spleen; or it may follow an attack of gout, in which case it will be gout translated from the feet (*e.g.*) to the stomach, and form a very serious complication of that disease. There may be a subacute inflammation of the stomach, or of the duodenum (the first portion of the small intestines), which may terminate in cancer and perforation of one of those viscera. The more *immediate*

causes are,—irregularity in meals; the subduing of the cravings of hunger by stimulants, tobacco (smoking or chewing); very hot beverages (especially *strong tea* and *coffee*), or very cold ones, ices, &c. Tape and round worm. Disordered menstruation and pregnancy. Females are more especially subject to this complaint at the change of life.

Symptoms.—These are those of indigestion (see the article on “*Indigestion—Dyspepsia*,”)—heartburn, waterbrash, flatulency and eructations, pains in the stomach and through to the back, a bloated feeling from distention with wind, &c.; the symptoms generally come on in the morning, or after a meal. The symptoms are, of course, all characterized by *spasm* of the stomach and adjacent parts. See, further, the symptoms detailed under each of the following remedies.

TREATMENT.

Diet and Hygiene.—The patient must be chiefly guided by his (or her) experience of what agrees with his digestion,—with the exception of all stimulants; all which, however much they may relieve, temporarily, leave the digestive organs in a still weaker state than before. Advice on the diet, &c., suitable to “*Spasms*,” is fully given in the articles upon “*Indigestion*” and “*Constipation*.” For gall-stones (the passage of), see the article on “*Jaundice*.”

Local Applications.—In very severe cases of spasm, apply wrung-out flannels (previously soaked in hot water) as hot as can be borne; or, in slighter cases, warmed flannels.

Spasms of Infants—see the article on “*Convulsions, Fits.*”

Remedies.—*Aconitum Napellus*, *Belladonna*, *Bryonia*, *Calcarea Carbonica*, *Carbo Vegetabilis*, *Chamomilla*, *China*, *Cina*, *Cocculus*, *Colocynthis*, *Cuprum*, *Ignatia*, *Lycopodium*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Sulphur*.

Aconitum Napellus, if there be much inflammatory fever, tenderness to pressure, and great pain in the abdomen. These symptoms may be present if the spasms are accompanied by inflammation of the liver or spleen, or they may be caused by a chill, when warm and perspiring.

DOSE.—Three globules, two pilules, or one drop of the tincture in a dessertspoonful of water. Repeat after an interval of three or four hours; or, if *Aconite* be no longer indicated, choose another remedy.

Belladonna, for the spasms of women of nervous, delicate organization, and of infants; in cases where *Chamomilla* is insufficient. Burning constrictive spasms, relieved by holding the breath, and at the same time bending backwards. The pains come on at dinner. The spasms are so violent as to produce unconsciousness. Sleeplessness. Shining, glazed, red tongue. The pains

sometimes cause thirst, and are aggravated by drinking.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture in three dessertspoonfuls of water, and give one dessertspoonful for a dose. Repeat after an interval of four or six hours.

Bryonia is not so much indicated by the character of the spasm as by the circumstances of their origin and aggravation, and by their accompanying symptoms. Feeling of distention, or of pressure, like that of a stone, in the stomach region; felt during, or immediately after, a meal. Pains relieved by pressure upon the pit of the stomach and by belching. Pains made worse by motion. Additional indications are,—constipation, or costiveness from the difficulty of passing a large stool; headache, as though the skull would split, with constrictive pressure of the temples, forehead, and back of the head, relieved by pressing upon those parts, or by tying a handkerchief tightly round the head.

Dose.—Same as for *Aconite*. Repeat every four hours.

Calcareo Carbonica, in obstinate cases, and in others which are cured for the time by other remedies, and their return after a more or less short interval. *Calc. C.* is especially suited to a temperament corresponding to that of *Chamomilla* and *Belladonna*, and it should follow their administration in the class of cases above mentioned. *Calc. C.* is, therefore, especially adapted to females of

full-blooded, slow, and lymphatic habit of body, with a disposition to bleeding at the nose; or who have whites, or a profuse monthly period. Symptoms indicating *Calc. C.* are,—violent spasms of the stomach, with belching and a feeling of sickness, after a meal, and, in the afternoon, followed by sweating, constrictive pressure on both sides of the stomach, under the short ribs (liver and spleen regions), or crampy pain in the same and at the pit of the stomach; inability to bear anything tied round the waist. Other symptoms are,—excessive sleepiness after dinner, or after supper; food-tasting, or acid, or bilious eructations; water-brash, especially at night; heartburn; cutting colic, followed by the vomiting of bile and phlegm, or of blood; swollen and hard abdomen; enlargement of the glands of the neck. The bowels are constipated, or loose, slimy, sometimes bloody, and containing undigested food; worms.

DOSE.—Same as for *Belladonna*. Repeat morning, noon, and night, for one or two days, then wait one or two days.

Carbo Vegetabilis should be taken if *Nux Vomica* prove insufficient, and if some of the following symptoms are present;—distention with flatulence, causing a feeling of oppression at the chest, and difficulty of breathing; a pain as of burning colic at the pit of the stomach, obliging the patient to bend double, made worse by the recumbent position; burning weight, or pressure, in the stomach and chest; constipation, or costiveness, with burn-

ing at the anus, and a discharge of blood with the stool. The distention with wind is sometimes so great as to cause a protuberance, like a tumour, in the region of the short ribs and stomach.

DOSE.—Same as for *Belladonna*. Repeat every six hours, or on alternate four hours with *Nux Vomica*.

Chamomilla is generally the first remedy required for the spasms (recent and of no very great severity) of females and children.* The symptoms indicating this remedy are,—a painful sensation of being bloated with flatulence, which presses upwards, at the pit of the stomach and on either side under the short ribs; pressure as from a stone at the pit of the stomach, or aching pain, with difficult (oppressed) respiration, and anguish at the heart. In recent cases, if *Nux Vomica* be not indicated, where the spasms and pains follow the taking of coffee. *Chamomilla* may be alternated with advantage with *Coffæa*, in very many cases, and if the patient be not in the habit of taking coffee as a beverage; later, it may have to give place to *Belladonna*.

DOSE.—Same as for *Aconite*. Repeat every four hours. *Infants*: See the articles on "*Convulsions*" and "*Worms*."

China is very useful in cases of weak digestion, in persons weakened by exhaustive discharges,—e.g. loss of blood by vomiting, bleeding piles,

* For spasms of children, see the articles upon "*Convulsions*" and "*Worms*."

hæmorrhage from the lungs ; or by profuse diarrhoea, leucorrhœal discharge, etc. The symptoms are,—acidity ; water-brash ; bitter risings ; feeling of pressure at the stomach, with only the inclination to vomit, after eating very little, and want of appetite ; the patient feels better when the stomach is empty. Pain at the heart, with desire to vomit.

DOSE.—Same as for *Aconite*. Repeat morning, noon, and night.

Cina, in cases where the spasms and convulsions are caused by worms. See the articles on “ *Convulsions* ” and “ *Worms* .”

Cocculus is required in most cases where *N. Vom.* is insufficient. The pains are violent and tearing, across the stomach and abdomen, as though inflammation of the peritoneum (*i.e.* the serous membranous covering of the stomach and bowels) were about to set in. Spasms, with nervous palpitation of the heart, and a sense of suffocation in the chest.

DOSE.—Same as for *Aconite*. Repeat at intervals of four or six hours.

Colocynthis is indicated by violent griping, spasmodic pains in the stomach, relieved by bending double, and by stool. The spasms extend to the bowels, causing griping pains at the navel, and ending in painful, ineffectual efforts at stool.

DOSE.—Three globules, two pilules, or one drop of the tincture, in one dessertspoonful of water. Repeat after an interval of three, four, or six hours, according to the abatement of the spasms.

Cuprum, for violent pains and spasms of the stomach, with bitter, metallic risings, nausea, retching and vomiting. The spasms go upwards, affecting the chest (lungs and heart), and the upper extremities. The symptoms resemble those of spasmodic asthma.

DOSE.—Same as for *Colocynthis*. Repeat in like manner.

Ignatia, in cases where the spasm is the effect of grief, and of all strong depressing emotions—*e.g.* fright, or influences—*e.g.* want of food. There is a sensation of a ball rising in the throat, with a choking feeling. *Ign.* is indicated for spasms of nervous, hysterical females, with constipated bowels, and, perhaps, threadworms. In cases possessing mostly *Pulsatilla* characteristics, with others resembling *Nux Vomica*.

DOSE.—Same as for *Belladonna*. Repeat after an interval of four or six hours.

Lycopodium, in the cases of females of heavy or sluggish temperament. Chronic cases of spasm, with continually confined bowels.

DOSE.—Same as for *Belladonna*. Repeat morning and evening, for two days, then wait two days, and study the symptoms afresh.

Nux Vomica is, without exception, the most important of all the medicines homœopathic to this most distressing affection. The most conspicuous of all the powers of *Nux Vomica* is that of exciting spasms of the muscular system, and of relieving similar spasms, where they are the result of other

causes. *Nux Vom.* is adapted to the spasms of males, rather than to those of females; and to an irritable bilious temperament and energetic disposition, rather than to a temperament resembling that indicative of *Pulsatilla*. Spasm of the stomach, requiring this remedy, is induced by sedentary pursuits, by the use of stimulants, of coffee, and of indigestible articles of food, or by a surfeit. The bowels are confined, or they are alternately confined and relaxed. Spasm at the pit of the stomach, with great pain as from the pressure of a stone, and internal distention, causing a painful sensation as of constriction, and a desire to loosen the waist-band and clothes. Other symptoms are,—heartburn, waterbrash, nausea, vomiting, loss of appetite, dislike to food, and, as already partly mentioned, constipation and piles. The symptoms are worse in the morning, about four o'clock, on rising, and after meals, or after eating anything.

Dose.—Same as for *Colocynthis*. Take a dose at bed-time, if the symptoms come on at four o'clock A.M., or after breakfast; or a dose an hour before a meal, if the spasms come on very soon after a meal; or a dose two hours after dinner, if they come on about four hours after that meal.

Pulsatilla, in cases where the pains come on upon the sudden suppression of some discharges, as that of the monthly period and that of lying-in females. Tearing, cutting pains in the stomach, or gnawing pains, as from hunger. Colicky pain, relieved by rest and aggravated by any movement, with an

urging desire for stool, which is diarrhœic, or only the sensation as though it would be. The spasmodic pains of the stomach region are accompanied by the symptoms of indigestion indicative of *Puls.*—slimy, putrid, bitter, or nauseating taste; food tastes bitter; want of appetite; nausea; salt, sour, or bitter waterbrash; disordered digestion from the eating of fat food. The symptoms are worse in the evening and before midnight.

Dose.—Same as for *Colocynthis*. Take a dose a few hours before the usual hour of the spasms, or repeat every four or six hours.

Sulphur is useful in chronic cases, or in those of frequent recurrence. Its symptoms resemble those of *Nux Vomica*, which remedy should precede its administration; it may often be administered, advantageously, as an intermediate medicine, *e.g.* when the previously exhibited drug (say, for example, *Nux*) ceases to give relief, give one or two doses of *Sulphur*, and then give the *Nux* again. The spasms are attended by heartburn and constipated bowels, and principally affect individuals of a hæmorrhoidal temperament.

Dose.—Same as for *Colocynthis*. Repeat morning and night, for two days, and then wait two days.

JAUNDICE.

Causes.—Whatever produces congestion of the liver, or prevents the escape of the bile into the intestine, brings on this complaint. As the bile continues to be secreted, and cannot escape into the duodenum (first intestine), it is absorbed, and is carried with the blood to every part of the body. The exciting causes of this disease are,—(in newborn infants) the retention of the meconium; any obstruction to the escape of the bile into the gut, as a gall-stone or round worm; purgatives; poisons; indigestion and inflammation of the liver. A large class is predisposed to this complaint, and another class acquires the tendency by over-indulgence in the pleasures of the table. Jaundice is mostly prevalent in hot weather, and principally affects those engaged in sedentary occupations.

Symptoms.—The most prominent symptom is, of course, the universal yellow colour of the face and body, and which has caused the phrase, “as yellow as a guinea,” to be applied to the skin of the jaundiced. This yellow colour is first seen in the whites of the eyes, their inner angles, and it subsequently extends over the entire surface of the body. The bile gives also an orange tinge to the urine, and, in bad cases, the sweat of the patient tinges his linen. Other symptoms are,—depression of spirits, dyspepsia, pains about the stomach and

liver; lastly, the bowels are costive, and the stools whitish or clay-coloured.

TREATMENT.

Diet.—This must be simple and light. All stimulating food, solid or liquid milk, and all fat things are to be avoided. Roasted apples; rather weak beef-tea, or chicken-broth; and toasted bread, scalded with boiling water, with a little sugar sprinkled over it, constitute, with plenty of cold water for drinking, a sufficiently liberal diet during the progress of this complaint. If there be much fever, see "*Fever.*" A hot hip-bath affords great relief to the passage of gall-stones.

Remedies. — *Aconitum Napellus*, *Chamomilla*, *China*, *Mercurius*, *Nux Vomica*, *Pulsatilla*.

Aconitum Napellus, for, in addition to the jaundice, symptoms of inflammation, and for extreme tenderness to pressure about the liver. This latter is evidenced by an acute, cutting, lancinating pain, felt in the right side, underneath the short ribs, and by the tenderness to pressure, above mentioned, experienced on pressing with the points of the fingers underneath the edges of the short ribs. In addition, the patient is in a state of high fever; dry, burning-hot skin; thirst; scanty, dark-yellow, or red urine, etc.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours.

Chamomilla, for the jaundice of infants, and for

jaundice excited by a fit of passion. The jaundice requiring *Chamomilla* is of a very slight description with little fever, and relaxed, bilious-looking stools.

DOSE.—*Adults*: see *Aconite*. Repeat about every three or four hours. *Infants*: a teaspoonful of the same.

China, for jaundice excited by the eating of fat indigestible food; or where *Mercury* has been taken to excess. *China* may be alternated with *Mercurius*. The indications for this remedy are,—loss of appetite; flat, bitter taste, in the mouth, of the food and drink; yellow-coated tongue; dark-yellow face; bilious vomiting; fulness and congestion from slow action of, and deficient secretion of bile by, the liver.

DOSE.—See *Aconite*. Repeat every four hours, or, alternately with *Mercurius*, every other three or four hours.

Mercurius is the specific remedy, in cases where its use has not been abused previously, in the form of *blue pill* or *calomel*. The symptoms are,—foul smell of the mouth and breath; sore mouth and gums; flow of offensive spittle; moist, yellow, or foul-coated tongue; foul, metallic, and bitter taste in the mouth; strong desire for cold drinks; nausea and bitter vomiting of bile; stinging pain in the liver; tenderness to pressure (of the liver) under the right-hand short ribs.

DOSE.—See *Aconite*. Repeat the dose three times a-day.

Nux Vomica, for jaundice, with costiveness, excited by indulgence in stimulants; or in persons of nervo-bilious temperament, and of sedentary

habits. This remedy is rather indicated in the incipient stage of this affection, than at that later period when it is fully developed, and the whole system appears saturated with bile.

DOSE.—See *Aconite*. Repeat every four hours.

Pulsatilla, for like symptoms to *Nux Vomica*, in persons of lymphatic temperament.

DOSE.—See *Aconite*. Repeat every four hours.

Note.—This affection is not treated of so fully as it would have been if it were one that was amenable to domestic treatment in severe cases.

COLIC—STOMACHACHE.

COLIC, miscalled Stomachache, is pain, with griping, of the intestines (bowels). It may be confined to one position, for example, at the navel, or it may affect the whole of the bowels, and be felt over the whole surface of the abdomen and part of the chest. Colic is, in most cases, only a symptom of indigestion. *Lead*, or *Painters'*, *Colic*, is treated of separately. See, further, the articles upon "*Indigestion*," "*Constipation*," "*Diarrhœa*," "*Bilious and Asiatic Cholera*," "*Worms*," "*Dysentery*."

Symptoms.—The pains may be cutting, boring, *pinching*, tearing, *burning-cutting*, or a pain as if the bowel were about to protrude. The bowels may

be confined or relaxed, in most cases the latter. In severe cases, with implication of the stomach, as in gastro-enteritis, there is violent and exhaustive vomiting of phlegm and bile. The patient, in bad cases, feels very anxious, has an anxious-looking countenance, and is covered with a cold, clammy perspiration, at the same time that his abdomen is very tender to touch. If the pain remain *fixed* in one place for a long time, inflammation and ulceration of the bowels take place, and death may be the result.

Causes.—These are very numerous; the most frequent ones are,—errors in diet, as, for example, the eating of fruit (especially soft-fleshed fruit, plums, damsons, peaches, etc.); the drinking of cold water after eating fruit, or when heated. Other causes are,—poisonous, metallic (*e. g.* lead colic), and many other exhalations; mental emotions; worms; exposure to cold and damp; strains; piles; pregnancy; etc.

TREATMENT.

Local Applications.—In very severe cases,—whilst waiting the arrival of the professional homœopathic attendant,—put the patient into a hot bath; the entire body and limbs, if practicable; if it be not so, make him sit in a hip-bath, with hot water up to his waist; keep adding hot water, at very short intervals (one to two minutes) to the bath. The patient should remain in the bath about

ten minutes, and then be put to bed (between the blankets is a good plan) at once, and be well covered up with clothes, and perspiration be encouraged as much as possible. In slight cases, friction with the hand, or with a piece of flannel, is efficient, or warmed flannel. In stationary colic, apply hot, wrung-out flannels, continuously, to the part; have a fresh one ready to put on as often as the last applied one cools.

Diet.—If predisposed to colic, avoid flatulent food,—greens, acid drinks, etc. See, further, the articles on “*Indigestion*” and “*Constipation*.” If an attack of colic be not a prolonged one, take no food during its continuance, or only a little water, or toast and water.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Belladonna*, *Bryonia*, *Carbo Vegetabilis*, *Chamomilla*, *China*, *Cina*, *Cocculus*, *Coffæa*, *Colocynthis*, *Ignatia*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Rheum*, *Sulphur*.

Aconitum Napellus is remedial for colic, with threatening inflammation of the intestines. There is great tenderness to touch of the whole abdomen, with feverish restlessness. Cases requiring *Acon.* are scarcely amenable to domestic treatment.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. If a less quantity of water be desirable, administer a teaspoonful, in place of a dessertspoonful, of water. Repeat after an interval of three hours.

Arnica Montana, for contusive pains of the abdomen in pregnant and lying-in females.

Dose.—Same as for *Aconite*. Repeat every four or six hours.

Belladonna is often required in lead or painters' colic (see "*Lead Colic*"); in inflammation of the bowels, and in the colic attending a case of dyspepsia. *Belladonna* is indicated by a feeling of enlargement and protrusion, as though a rupture were about to take place; a sensation as though the bowels were grasped by the fingers; spasmodic, constrictive colic, with bearing downwards, in females. Some of the pains are relieved by pressure, and by bending double.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one dessertspoonful for a dose, every four, six, or eight hours, according to the severity, or amelioration, of the colic.

Bryonia is especially indicated in bilious colic, with bilious diarrhoea; common in the warm summer months, and after taking cold; also in the colic of pregnant and lying-in females. *Bryonia* is suited to the colic of individuals who suffer from rheumatic pains of the muscular tissues.

DOSE.—See *Aconite*. Repeat every three, four, or six hours.

Carbo Vegetabilis, for griping flatulence and wind, in cases of individuals suffering from indigestion, and affected with piles. Windy colic, with fulness and distention of the abdomen, with rumbling of the bowels; difficult eructation of flatulence; putrid-smelling wind and stools, the latter either constipated or relaxed.

DOSE.—Same as for *Belladonna*. Repeat every four hours three times; if there be no relief, choose another remedy.

Chamomilla, for windy, bilious colic; sallow complexion; offensive taste in the mouth; yellow-coated tongue; the bowels are distended with wind, are tender to the touch, and the bowels are confined; or they may be relaxed, consisting of watery, slimy, yellow, or greenish motions. Especially for the colic of infants (see "*Infants*," subdivision "*Crying of*").

DOSE.—*Adults*: See *Aconite*. *Infants*: One or two teaspoonfuls of an adult's dose. Repeat every three or four hours.

China is not indicated in real colic, although it is, for symptoms, easily confounded with griping pain. In persons debilitated by bleeding, sweating, diarrhoea, suckling, etc.

DOSE.—Same as for *Aconite*. Repeat every six hours, or thrice a-day.

Cina, for colic near the navel, caused by worms, with tenderness upon pressure (see the articles upon "*Worms*" and "*Convulsions*").

Cocculus, for spasmodic pains, with nausea, sick headache, and bruised sensation in the bowels. *Cocc.* is very seldom of use in true intestinal colic. (See "*Spasms*.")

DOSE.—See *Aconite*. Repeat every four hours, three or four times, when, if there be no relief, see *Nux V.* and *Coloc.*

Coffæa, for pain and colic from over-eating. Nervous agitation and restlessness, with grinding of the teeth.

DOSE.—See *Aconite*. Repeat after a three hours' interval. If it be the effect of a surfeit, a cup of black coffee will be more efficacious than the attenuation.

Colocynthis is, without exception, the most important medicine for true, griping colic, in the whole *Materia Medica*. *Nux Vomica*, so valuable a remedy for spasm, is, however, less *specific* in its action upon this very painful symptom than *Coloc*. The *pains* are violent, *cutting*, tearing, and pinching. The bowels are distended with wind, and very tender to pressure. Constant and painful urging to stool, without effect. Discharge of blood and phlegm from the bowels.

DOSE.—See *Belladonna*. Repeat after an interval of four hours; or take a teaspoonful of the above mixture every half-hour during the paroxysm.

Ignatia, for the colic of sensitive persons, especially females, in cases where it is caused by grief. Pain at, and bloating of, the region of the navel. Great irritation from threadworms.

DOSE.—See *Aconite*. Repeat every four or six hours.

Mercurius, for pains which are worse at night, after midnight. The pains are very severe and forcing, or burning; they are especially felt around the navel. The abdomen is distended and hard, and is very tender to the touch. Other symptoms are,—nausea; greenish, loose, sometimes bloody stools, with very severe pinching, cutting pains, and accompanied by burning at the fundament. *Merc.* is a valuable remedy for dysentery, in which complaint it is often alternated with *Coloc*. Colic from threadworms (see “*Worms*”).

DOSE.—Same as for *Aconite*. Repeat every six hours, or alternate four hours, with *Colocynthis*.

Nux Vomica.—This is the next best remedy to *Coloc.*, it being the most important remedy for that large class of complaints having colic and spasm of the intestines for a symptom, namely, those caused by indigestible food. The colic may be—cramp-like, contractive, griping, gnawing, pinching, or cutting. The pains may be felt in almost any part of the abdomen—at the pit of the stomach, under the ribs, at the navel region, or in the groins. They may come on before or after eating, or early in the morning, and arise from pregnancy (indigestion as a prolific cause is mentioned above), suppressed menstruation (if the temperament correspond to *Nux*), a cold, etc. The bowels are bound, or alternately confined and relaxed, or there are ineffectual efforts at stool.

DOSE.—See *Aconite*. Repeat every four or six hours, according to the violence of the pain; or take a teaspoonful of the above-mentioned mixture every ten to fifteen minutes.

Pulsatilla is especially suited to the colic of females, of blonde complexion and gentle disposition, in connexion with a disordered condition of the womb. In cases where the pains are due to indigestion, and are caused by fat meat (as pork), fat pastry, etc. Bilious, green diarrhoea, at *night*; pale face; sunken eyes, and headache are accompanying symptoms to the colic. The pains are shooting, pinching, and griping, and they are felt principally at the stomach region. There may be a

good deal of distention, and tenderness to pressure, as from a bruise.

DOSE.—Same as for *Aconite*. Repeat every four hours.

Rheum, for the colic of children; violent cutting pains, precede and accompany a sour-smelling, loose, frothy stool; ineffectual urging to stool, with pinching pain in the bowels. (See "*Infants, Colic, crying of.*")

DOSE.—See *Aconite*. Repeat similarly. *Infants*: See *Chamomilla*.

Sulphur, in obstinate cases of long standing, where *Nux Vomica* fails to afford relief. Colic, after meals and drinking; from piles. Pain in the bowels, as though they were raw and sore, or as if something were about to be torn out; crampy, spasmodic colic; pinching colic, with feeling of tightness, and pinching about the navel. The pains are relieved by bending double, or oblige one to do so. After administering *Chamomilla*, *Nux Vomica*, or *Colocynthis*, if the improvement do not continue, give an intermediate dose of *Sulphur*, and then, after waiting six hours, return to the previously-administered remedy, or choose another.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, is a dose.

LEAD (PAINTERS') COLIC.

General Remarks.—This disease attacks such individuals as are subjected to the poisonous influence of lead; and from the fact of painters being more exposed to its attacks than other classes are, it has received the popular name of the painters' colic. The severity of the symptoms vary much, depending upon the amount of exposure to its influence. For additional information on the treatment of this complaint, see the article on "*Colic.*"

Symptoms.—It is characterized by the colic pain which is felt at the pit of the stomach, and is often a marked pain, with a sensation of dragging inwards at the navel; the belly is swollen and hard; the bowels are obstinately constipated; there is bloody straining at stool; there are nausea and vomiting; the pains felt gradually extend to the back and limbs, the sufferer becoming more or less paralyzed.

TREATMENT.

Hygiene.—At the commencement a hot bath is most advantageous; flannels, steeped in boiling water and wrung-out dry, should be applied to those parts which are most painful: employ also hot-water bottles, and cover the whole body well with blankets.

In slighter cases, the application of a cold water

compress (see the article on "*Dysentery, Hygiene*") over the whole abdomen is sufficient.

Remedies.—*Acidum Sulphuricum*,* *Belladonna*, *Alumina*,* *Opium*, *Platina*.*

Acidum Sulphuricum, for urging to stool, without any fæces passing. The stool is expelled only after a long time, and slowly, and it is hard, black, and lumpy. Sensitiveness of the stomach; tearing, griping in the stomach, in the evening; stitches, in the neighbourhood of the liver; colicky, labour-like pains, or cutting and pinching pains, in the abdomen, more at night. Sensation as though a rupture were about to protrude.

DOSE.—Three globules, two pilules, or one drop of the tincture, in two teaspoonfuls of water. Repeat every one, two, or three hours, according to the severity of the symptoms.

Alumina is indicated in cases where there are perfectly dry fæces, expelled in little balls like sheep's dung; these do not adhere the one to the other, on account of the entire absence of all mucous secretion. Spasmodic contraction of the walls of the abdomen; and of the sphincter of the anus, causing the latter to be drawn inwards.

DOSE.—See *Acidum Sulph.* Repeat in like manner.

Belladonna, for contractive pains in the abdomen; griping and straining around the navel, obliging

* These three remedies (*Acidum Sulphuricum*, *Alumina*, and *Platina*) are not included in the *Materia Medica* of the present work, as they are not referred to in any other article; they are introduced here for the reason that this article would be incomplete without them.

the sufferer to bend double. Violent sticking pains between the right hip and navel. Painful sensation over the whole abdomen, as though it were sore and raw. The abdomen feels, and is, hard and distended. Perhaps the most marked symptom for *Belladonna* is this symptom—a feeling of pressure, as of a pad, from within outwards, a forcing-out feeling, and as though a hernia (rupture) were protruding; especially felt in the right groin, at the blind end of the colon (large intestine), and at the navel.

The writer has seen additional relief afforded, in very severe and obstinate cases, by the external application of the strong tincture (dropped on to a wet compress) to the part affected, at the same time that the attenuation has been administered internally.

DOSE.—Same as for *Ac. Sulph.* Repeat in a like manner.

Opium is more often indicated than any other remedy during an attack of lead-colic. It should be taken every hour until relief is afforded, or until another remedy is employed. The fæces are small, hard, dry, and blackish. This remedy should be alternated, in domestic practice, with one of the others.

DOSE.—See *Acidum Sulph.* Repeat similarly.

Platina, for pinching about the navel; feeling of constriction of the abdomen; for the obstinate constipation accompanying lead-colic.

DOSE.—Same as for *Acid. Sulph.* Repeat in like manner.

CONSTIPATION—COSTIVENESS.

A **CONFINED** habit of body shows itself variously in different individuals ; for example, the motion is passed at too long an interval, or it is not passed at all, or if it be passed regularly, it is expelled with straining, or the fæces are too hard, or too large, or too small, or several of the above-mentioned conditions are present in the same individual. The treatment of this complaint homœopathically, and so scientifically, depends upon its cause, and upon the aggravation of the symptoms present in each individual case. Long-standing cases of constipation are oftentimes excessively intractable, especially where partly caused by the previous employment of purgative drugs.

The word constipation is descriptive of a state of the bowels favourable to the retention of the fæces (the alvine evacuation or stool). Confined and relaxed bowels being merely deviations from the natural action of those viscera, it is desirable, in the first place, to consider what constitutes their natural, that is healthy, action.

In an individual of sound constitution, and in a good state of health, the bowels will act at the same hour daily, and will do so without straining, at the same time that they will not be moved too easily ; in other words, whilst the action of the bowels is regular, it is necessary for the stool to

be normal, *i.e.* to be neither too hard nor too loose.

There are, however, exceptions to the rule of daily motions.

There are many individuals whose bowels do not act every day, but on alternate days, or at intervals of three or four days; yet this habit of body cannot be considered as one of disease, for the health of the individual may be good in every other respect, and any departure from such a habit of action is sure to be accompanied by some other symptoms, proving that the health has become deranged. But these causes are exceptional, and all will be aware that a general rule, like the above, *viz.*, the daily action of the bowels, must be altered sufficiently to allow of its adaptation as a law *sui generis*.

What constitutes a healthy action of the bowels having been stated, it follows that any other manner of action must be unhealthy, or a symptom of disease.

The bowels may act too often, or the stool may be too loose in consistence; such a condition constitutes the state of diarrhoea or relaxed bowels.

But the action of the bowels may be quite opposed in character to the preceding, and this is what concerns us in the present article; they may be diminished in action, there may be constipation.

In such a case the symptoms present will be very different; the motion will be passed at longer

intervals than is natural, or even not passed at all, or if passed regularly it will be expelled with more or less straining, or it will be too large, or too hard, or too small, or more than one of the above-mentioned conditions may be present.

Causes.—A common cause of costiveness is a deficiency of tone (*i.e.* nervous irritability) of the muscular fibres surrounding the lowest portion of the gut (the rectum), the contraction of which is necessary to assist in the forcing out of the stool. Another is weakness in the wormlike (peristaltic) motion of the small intestines (bowels), delaying the passage of the food through them.

In cases where the stool is passed as usual, or nearly so, as regards time, but altered in character, being more or less hard, such a condition will have been induced by a vitiated or torpid condition of the glands, which are situated in the abdomen, in connexion with the digestive tube.

These glands (it is impossible, here, to do more than allude to them) pour out the fluids secreted by them, whether of a mucous, bilious, or of any other character, into the alimentary canal, in various parts of its length, where they become intermixed with whatever matter is there present, and amongst other functions, give the proper consistence to the non-nutritious portion of the food, which is finally expelled as the stool.

If these fluids are in excess of the quantity required for the proper performance of these func-

tions, the result is a state of diarrhoea. If, on the contrary, the fluids are diminished in quantity, the resulting condition is one of constipation, for the stool, from the small quantity of its fluid contents, is hard, has a tendency to accumulate in the bowel, and to be much delayed in its passage, and when expelled it is with increased difficulty.

Other causes are those which may be considered as being more mechanically direct in their action.

The bowels are frequently much confined during pregnancy; such a want of action may be considered dependent upon two conditions, the first, and the one which comes earlier into action than the second, is the concentration of the powers of nature upon the process going on in the womb; but the second is owing to the pressure of the womb (at an advanced state of pregnancy) upon the rectum, mechanically hindering the passage of its faecal contents.

Other direct obstacles to the passage of the faecal matter may be present in the form of calculous or stone-like concretions; or the intestines may have a stricture, *i.e.* it may be so constricted in some one part that the diameter of the alimentary canal shall be only a half or a quarter of its natural measurement.

Lastly, may be mentioned, cancer of the gut, and the various forms of hernia, all of which may more or less completely prevent the passage of the faeces; none, however, of the direct causes of con-

stipation, except the first mentioned, is treated of in this article.

Constipation is frequent in individuals occupied in sedentary occupations, after the allopathic abuse of purgative drugs, and in certain trades, as among painters (see "*Painters' Colic*").

TREATMENT.

General Remarks.—Many individuals, as above mentioned, especially those living in cities and employed in sedentary occupations, are more or less liable to be habitually troubled by a costive or confined habit of body.

As the homœopathic treatment given in these pages is only for actual existing constipation, the author thinks it advisable to give, in addition, some hints concerning those dietetic and physical accessories which aid the normal action of the bowels.

Diet.—The meals are to be taken at regular intervals, and all the food taken is to be of a simply nutritious kind. Breakfast, dinner, and tea, form a good division of meals, though an old one: breakfast about eight, dinner at two, and tea at six o'clock; the last should be a regular meal: no supper whatever should be taken. If, however, supper be taken, or if anything be eaten at a later hour than that last mentioned, it should be of a very light and easily digested character, and be taken about nine o'clock.

It is advisable, in following out the above system of meals, to remain quiet, both mentally and physically, for about an hour after dinner;* such a practice being, however, rarely practicable, with our so-called *civilized* ways of living, it is better to dine later, say at five or six o'clock, and to take a light luncheon at mid-day; this latter arrangement has the further advantage of doing away with the desire to eat suppers.

Every person with a tendency to constipation or indigestion should avoid suppers. All stimulating food is to be avoided: all dishes seasoned with peppers or spices; all salt meats, and cheese: bakers' bread is to be eaten but sparingly at all times, and not at all at dinner, if fresh vegetables are plentiful. Individuals leading a sedentary life should restrict themselves in regard to the quantity of meat taken, at the same time increasing the relative proportion of vegetables. The best food is fresh meat, or soups, or stews made with such, and flavoured with vegetables; also of fresh vegetables, cooked; also cooked fruits, as stewed apples, pears, etc.; also all fruits perfectly ripe (except nuts), as well as dried fruit, such as figs, dates, etc.

* No people, perhaps, suffer more from indigestion, biliousness, and constipation, than our American cousins, who are thus punished for the non-observance of the physiological fact, one among many others, that—no two systems can work perfectly and at the same time, *id est*, that the stomach cannot properly perform its function, if, at the same time, the brain, or the legs, or arms, are actively employed.

The best drink, at all times, is cold water, and the less drank at meal-times the better.

All patients liable to constipation, dyspepsia, etc., ought to avoid the eating of anything additional, as pastry or sweetmeats, between meals.

Hygiene.—Walking exercise should be taken regularly every day in the open air; females, if the weather be threatening, can take it in-doors, with the windows open, and dressed as though they were out of doors. Too much attention cannot be paid to this recommendation, especially by those pursuing sedentary occupations. Cold-water baths, especially the shower and sitz baths, because of their easy application, by bracing the physical tone of the system, are very beneficial, as long as their use is followed by the sensation of a glow over the whole body.

The bowels should be allowed to act whenever the desire is experienced; besides which they should always be allowed the opportunity of expelling their contents daily, and at the same time, namely, after breakfast.

Palliative Treatment.—When the bowels remain a long time obstinately inactive, producing much inconvenience, a warm-water or milk-and-water enema (injection) will have to be administered, but in such cases it is advisable to consult a homœopathic practitioner.

The Injection.—The most simple enema is one of cold water, if the patient be well in other

respects, or, as already mentioned, of tepid water or milk and water. If the bowels remain inactive, notwithstanding the above application, an enema of thin, and tepid, gruel, or of tepid water with a small piece of castile soap dissolved in it, or of oil, may be employed, and will generally afford temporary relief.

Remedies. — *Bryonia Alba*, *Carbo Vegetabilis*, *Lachesis*, *Lycopodium*, *Acidum Nitricum*, *Nux Vomica*, *Opium*, *Pulsatilla*, *Sulphur*, *Veratrum Album*.

Bryonia is peculiarly adapted to the constipation of those affected with complaints of a catarrhal, rheumatic, or bilious character. It is suited to the constipation of those of an irritable temperament, with a brown complexion, and possessing dark hair; also to nervous, thin, bilious, individuals, of a staid disposition; and also to those of irritable temper, when accompanied by chills and coldness of the whole body. In rheumatic affections, made worse by motion, and with a disposition to constipation. In nervous fevers, with constipation, where there is excessive sensibility; the head is violently congested; dry, burning heat; dry lips; the tongue is dry and furred; and pressure in the pit of the stomach: there may also be delirium, the tongue and lips may be brown and parched, and there may be great thirst. It is also admirably suited to constipation of individuals whose digestive powers have been reduced by indulgence in

spirituous liquors, and for the torpor of the abdomen induced by sedentary habits.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours, three or four times, if no relief be experienced.

Carbo Vegetabilis, for constipation, with insufficient stool, which consists of a slimy, thin, pale substance, with forcing pain afterwards; constipation, with bleeding, painful piles, with discharge of blood from the fundament at every stool, and burning-itching at the anus. The above direct symptoms of constipation should be accompanied by others, of the stomach and digestion, indicative of *Carb. Veg.*; burning waterbrash and heartburn, distention of the abdomen, with fetid flatulence with rumbling; these symptoms come on after eating ever so little food.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and give one for a dose. Repeat after an interval of six hours.

Lachesis is much used by some homœopathic physicians for obstinate constipation, existing as a symptom of fever; in cases where there is a diseased condition of the liver and other viscera,—where abscesses are supposed to exist in these organs,—a common result of continued indulgence in dram-drinking.*

DOSE.—See *Carbo Vegetabilis*. Repeat every six hours, or three times daily.

* *Nux Vomica* is, however, far preferable to *Lachesis* for all such cases.

Lycopodium, for obstinate constipation from a torpid state of the abdominal viscera (especially the bowels), due to a scrofulous cachexia (habit).

DOSE.—See *Carbo Vegetabilis*. Repeat morning and evening, for from three to six days.

Acidum Nitricum, for cases of obstinate constipation, in cases of chronic disease of the liver (a kind of chronic jaundice). The liver is greatly larger than its natural size and much hardened, and sore pains are felt at the pit of the stomach; the patient suffers habitually from weakness of the digestive system. *Nitric Acid* is suited to persons of bilious, irritable temperament, rather than to those of relaxed lymphatic habit; in other words, *Ac. Nitr.* is suited to a temperament a good deal resembling that indicative of *Nux Vomica*. If *Ac. Nitr.* be still indicated, and if its administration, as here ordered, afford no relief, consult a skilful homœopathic practitioner.

DOSE.—Same as for *Bryonia*. Repeat morning, noon, and night, for a week.

Nux Vomica is especially suited to individuals of a sanguine, quick, and energetic temperament, and to the male rather than the female sex. Also to those persons having a disposition to a determination of blood to the head, with headache; to hypochondriacal persons, and to those having a tendency to hæmorrhoids (piles), associated with costiveness; also where the constipation is dependent upon sedentary habits; or upon over-

exertion (whether physical or mental); or to indulgence in tea or coffee. The best time for its administration is some little while before bedtime. It is more particularly worthy of attention when the constipation, and the accompanying symptoms, are most troublesome early in the morning; also when the individual affected awakes about three o'clock, and, after remaining wakeful for some hours, again goes to sleep, from which latter sleep he awakes unrefreshed, or even more tired than he was the previous evening, owing to the disturbance of his rest by dreams. The stool expelled is thick and hard; constipation with determination of blood to the head; the intestines feel constricted; the rectum is contracted and narrowed, delaying the passage of the stool; ineffectual urging to stool; the same taking place frequently, and after a motion; sensation of inability to expel the whole stool, and as if the rectum were contracted; clear blood is discharged with the stool, during which there is a contractive and narrowing sensation.

DOSE.—Same as for *Bryonia*. Repeat in like manner.

Opium is often useful in restoring deficient nervous energy, and by doing so renders the system more susceptible to the action of other remedies. It is suited to constipation conjoined with a more or less paralytic condition. It may be beneficially employed in the constipation present in lead-colic (painters' colic), and in common

constipation dependent upon torpor of the peristaltic action of the intestines. There may be no stool passed, or, if there be, it will consist of small hard balls, which are passed with much difficulty; both the stool and the urine may be retained. Also where the bowels have remained costive for a long time, accompanied by loss of appetite; and in cases where, whilst at stool, there is a sensation of the lowest portion of the bowel (rectum) being closed; at the same time, there are not those frequent and ineffectual efforts to evacuate which characterize *Nux Vomica*.

DOSE.—Same as for *Bryonia*. Repeat every four or six hours, three times.

Pulsatilla.—The temperament to which this remedy is suited is nearly the opposite of that of *Nux Vomica*. It is more adapted (to speak generally) to the female than to the male sex. *Puls.* is adapted to persons of a retiring and easily-giving-way disposition; who are soon excited to laughter or to tears; who are good-natured, but slow in their movements and phlegmatic; in fact, this medicine is quite unsuited to individuals who are quick and decided, both in thought and deed. In such individuals it has a decided action upon constipation in conjunction with congestion of the veins; the bowels act regularly, but are costive, the stool being hard with much pain in the piles.

DOSE.—See *Bryonia*. Repeat similarly.

Sulphur, in cases of habitual constipation, should follow or alternate with *Nux Vomica*. It is suited to a similar class of individuals, and produces a "frequent unsuccessful desire for stool;" also it is suited to cases where there is "protrusion of the gut during a difficult stool;" also where the motion is insufficient in quantity, or where the stool passed is hard, black as if burnt, and difficult to be expelled; also in cases where the bowels, after remaining inactive for some time, suddenly act. This remedy is often of much use in cases where small worms are passed with the stool.

DOSE.—Same as for *Bryonia*. Repeat every six hours; or, on alternate four hours, with *Bryonia* or *Nux Vomica*.

Veratrum Album is not often, if ever, indicated in cases where the confined habit of the bowels is the prominently troublesome symptom, but rather in those where, although it is present, it is subsidiary to those of spasm and colic of the abdomen, and spasms of the limbs, conjoined with brain symptoms, pointing to this remedy.

DOSE.—See *Bryonia*. Repeat every six hours; or, on alternate four hours, with *Bryonia*, *Rhus Toxicodendron*, or *Arsenicum*.

CONSTIPATION WHEN TRAVELLING.

Many persons are affected by constipation when travelling, whether on board ship or in a carriage. If an individual, from previous experience, knows that he will suffer some derangement of the diges-

tive organs, he should, previously to starting on a journey, take a dose of *Nux Vomica*.

Dose.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water.

Cocculus should be taken if, when travelling, whether by sea or otherwise, the bowels are costive, the stools are hard, and difficult to pass, with, at the same time, extreme nausea and desire to vomit.

Dose.—See *Nux Vomica*. Repeat every two hours, until the individual becomes habituated to the motion.

Note.—If the *Cocculus* do not produce perfect relief, *Platina** should be taken. See, further, the articles on “*Constipation*,” and “*Sea-Sickness*.”

Dose.—See *Nux Vomica*. Repeat every three or four hours.

DIARRHŒA.

(*Relaxed Bowels.—Purging.*)

THE treatment of diarrhœa is influenced by the nature of the discharges, by the accompanying symptoms (colic, etc.), and by its exciting cause.

Causes.—The principal are,—errors in diet (particularly during hot weather), as the eating of acid, indigestible food (unripe, uncooked fruit, also ripe plums, damsons, particularly the skins of the last named), radishes and salads. Exposure to sudden

* *Platina* is not one of the remedies contained in the *Materia Medica* of this work.

heats and chills. Drinking cold water when heated and perspiring. Mental emotions. Diarrhœa frequently precedes an attack of cholera (see further, "*Cholerine*"). Diarrhœa, if it be not too exhausting, is beneficial in certain eruptive fevers *e.g.* measles, etc., also during dentition.

TREATMENT.

Diet and Hygiene.—During an attack of diarrhœa the patient should remain perfectly quiet and lying down. The feet are to be kept warm. Warm flannels, or flannel wrung out after being soaked in hot water, should be applied to the abdomen, if there be much griping pain. Individuals predisposed to diarrhœa should wear a flannel bandage, against the skin, round the abdomen and chest. Food should consist of simply nutritious and easily digested substances. All stimulating articles of diet are objectionable. Avoid overloading the stomach in all cases (this is often done under the mistaken idea of supporting the system, as if we were to put a fire out by adding fresh fuel), and practise rather a course of abstinence.

Remedies.—*Antimonium Crudum, Arsenicum, Bryonia, Calcarea Carbonica, Chamomilla, China, Colocynthis, Cuprum, Dulcamara, Hyosciamus, Ipecacuanha, Mercurius, Nux Vomica, Opium, Phosphorus, Pulsatilla, Rheum, Rus Toxicodendron, Secale Cornutum, Veratrum Album.*

Antimonium Crudum, in cases with, — foul tongue, nausea, slight colic and diarrhœa, and flatulence. There is an unpleasant taste in the mouth, and the breath (eructations) and wind are very offensive. The motions are unhealthy.

Dose.—Dissolve twelve globules, eight pilules, or four drops of the tincture, in three tablespoonfuls of cold boiled water. Take a dessertspoonful of the mixture for a dose every three or four hours. It is advisable, in some cases, to take a teaspoonful of the above after every evacuation.

Arsenicum is suited to diarrhœa happening at night. The patient complains of burning pains in the stomach, and of violent thirst; and he is, or may be, extremely chilly and cold, and even shivering, more so externally. The stools are watery, slimy, whitish, brownish, or greenish, and cause burning, corrosive pain at the fundament. The patient is relieved by the application of warmth. The face is pale, livid, and sunken. Great exhaustion and emaciation.

Dose.—Six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water. Take a dessertspoonful for a dose. Repeat after every evacuation, four times.

Bryonia is suited to diarrhœa in the heat of summer, especially in cases where it is caused by drinking cold water whilst heated. *Bryonia* is also indicated for diarrhœa consequent upon a fit of ill-humour; and in cases where *Chamomilla* has proved insufficient for its cure when dependent upon a fit of passion. See, further, "*Bilious Diar-*

rhœa," and, for infants, the article on "*Infants, Diarrhœa of*."

DOSE.—See *Chamomilla*, and repeat in a like manner.

Calcarea Carbonica is an important remedy for the diarrhœa of infants backward or slow in their teething; after *Chamomilla*, and perhaps *Mercurius*, have been administered with little or no good effect. See, further, the article on "*Infants, Diarrhœa of*."

DOSE.—Same as for *Arsenicum*. Repeat every six hours during the continuance of the diarrhœa; afterwards, for the teething, see the article on "*Teething, Dentition*."

Chamomilla is very useful for the diarrhœa of children (especially during teething) and of females. The stools are yellowish or greenish, *i. e.* bilious-looking and loose, and have an offensive odour, like that of rotten eggs. The taste is bitter, foul, acid, or slimy. There are bilious risings and vomitings. The tongue is coated; there is loss of appetite, and considerable thirst. Windy fulness after eating. Children are very restless, scream, and want to be constantly nursed. For the colic and diarrhœa of infants, of *Chamomilla*, see, further, the article on "*Infants, Diarrhœa of*."

DOSE.—Give three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, for a dose. *Infants*: A teaspoonful of the above mixture. Repeat after each evacuation, and every four hours.

China is suited if the patient be greatly exhausted, with painless diarrhœa. Diarrhœa, consisting, partly, of undigested food after eating; blackish,

whitish, knotty, also loose, yellow, offensive or not, watery, mucous motions. Diarrhœa of persons of very weak digestion (see, further, the article on "*Indigestion, Dyspepsia*").

Periodical diarrhœa,—*i.e.* diarrhœa at regular intervals,—is an indication for *China*, as it is for *Ars.* and *Ipec.* Itching at the anus, with discharge of threadworms.

DOSE.—See *Chamomilla*. Repeat after every stool, and afterwards three times a-day, for four days.

Colocynthis is suited to dysenteric diarrhœa. The characteristic symptoms of this drug are those of very severe, griping, colicky pains in the abdomen, especially in its lower portion; accompanied, or followed, by diarrhœic stools of mucus and blood. *Colocynthis* is often alternated, with advantage, in dysentery, with *Mercurius*.

DOSE.—See *Arsenicum*. If *Colocynthis* be given alone, repeat every four or six hours; or take a teaspoonful only, of the mixture ordered for a dose, and repeat every fifteen to thirty minutes, at the time that the symptoms are most severe. If *Colocynthis* be taken in alternation with *Mercurius*, it is to be so whilst (best in divided doses, as just mentioned) the griping pains are felt, whilst the dose of *Mercurius* should follow the evacuation.

Cuprum, for violent, or bloody, diarrhœa, with tearing, cutting pains in the bowels, and spasms in the abdomen and upper and lower limbs (especially in the calves). *Cuprum* should be given before *Veratrum*, or it may be given in alternation with that remedy.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours, or on alternate four hours with *Veratrum*.

Dulcamara is especially indicated in the diarrhœa so common in summer—from exposure to cold and wet, in cases where there are symptoms of a cold (catarrh) affecting the bowels—similarly to a cold affecting the head—with a watery, yellow, or slimy diarrhœa, accompanied by griping pains in the bowels. Catarrhal diarrhœa often attacks children.

DOSE (*Adults*).—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four hours, three times.

Infants.—A teaspoonful of the dose described for an adult. Repeat similarly.

Hyosciamus is not indicated, generally, in diarrhœa. It may, and does however, give relief to diarrhœa occurring as a symptom of *hysteria*; especially for that complaint in young girls, with distended abdomens; in cases where any slight excitement brings on the diarrhœa. See, further, the article on "*Hysterics*."

DOSE.—Same as for *Chamomilla*. Repeat, if necessary, after an interval of six hours.

Ipecacuanha, in diarrhœa accompanied by vomiting. The stools are frothy (fermented), greenish yellow, very offensive, or slimy.

DOSE.—See *Chamomilla*.

Mercurius is very useful in dysentery (see, further, above, *Colocynthis*). Diarrhœa, preceded by griping colicky pains in the bowels, with straining at stool, and burning at the fundament. Acrid,

burning stools, of blood and mucus. Whenever an attack of diarrhœa has not yielded to the other remedies (*Cham.*, *Dulc.*, *Puls.*), and threatens to run on to dysentery or cholera.

DOSE.—See *Chamomilla*. Repeat every four hours, or after each stool. See, further, the *dose* for *Colocynthis*.

Nux Vomica is seldom indicated in diarrhœa, except it is in alternation with constipation, forming an irregular condition of the bowels, to which individuals of irregular habits of living and of sedentary pursuits are subject.

DOSE.—Same as for *Arsenicum*. Repeat every six hours, or take one dose every night at bedtime.

Opium is rarely required in the homœopathic treatment of diarrhœa, and still more seldom in domestic practice. The general indications for *Opium* are,—congestion of the brain, and typhoid symptoms. The stools are watery, slimy, and offensive, and passed, perhaps, unconsciously.

DOSE.—See *Arsenicum*.

Phosphorus is a useful, and often very valuable, remedy for the colliquative diarrhœa of consumptive individuals. This diarrhœa is of a chronic description, and is watery, mucous, or bloody, or it consists of undigested food. Also the diarrhœa of *Asiatic Cholera*.

DOSE.—Same as for *Arsenicum*.

Pulsatilla, for diarrhœa from indigestion, from the eating of fat pork and pastry. There is nausea,

and a sensation of pressure at the pit of the stomach. The patient is worse in the evening and at night. The stools, preceded by some griping pains, are slimy, greenish yellow, bilious-looking, and sometimes streaked with blood. *Puls.* is suited to the diarrhoea of children, females, and individuals of lymphatic temperament and easy disposition.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat, successively, every one, two, and three hours.

Rheum is chiefly indicated in the diarrhoea of infancy, in cases where there is a frequent unsuccessful urging to stool, before and after the stool; pinching griping in the bowels during stool; the stools are very sour smelling, and greyish, or loose and brown (fæcal).

DOSE.—*Adults*: See "*Chamomilla*." *Infants*: See "*Infants, Diarrhoea of*."

Rhus Toxicodendron, for the diarrhoea of rheumatic individuals, after, or instead of, *Bryonia*; with headache, and pains in the bowels and limbs, etc., made worse by eating, drinking, and rest, or worse on first moving, but relieved by continued exercise.

DOSE.—See *Dulcamara*. Repeat every six hours, or on alternate four hours with *Bryonia*.

Secale Cornutum is given in the last stage of *Asiatic Cholera*, the patient being in a state of collapse,—the stomach cannot retain the least nourishment; frequent, watery, slimy diarrhoea; the

skin feels cold to the touch; burning at the pit of the stomach; extreme thirst; sunken countenance; cramps in the calves of the legs; the pulse can scarcely be felt.

DOSE.—Three globules, or a crushed pilule, upon the tongue, or in a little water. See the article on "*Asiatic Cholera*," in the Appendix.

Veratrum Album, for diarrhœa with painful cramps (spasmodic pains), especially in the bowels and lower limbs; violent thirst; retching and vomiting; tenderness to the touch. Involuntary diarrhœa, with crampy colic, consisting of bloody and watery motions. *Veratrum Album* is one of the most valuable homœopathic remedies for *Asiatic Cholera*.

DOSE.—See *Secale Cornutum*; also the article in the Appendix on "*Asiatic Cholera*."

DYSENTERY.

THIS complaint more often affects the inhabitants (especially *Europeans*) of hot and tropical climates. For this reason, the article on this affection is placed in the *Appendix to the Homœopathic Family Instructor*.* The treatment there recommended is suited to all cases of dysentery.

* *Special Diseases of the British Possessions*. By Richard Epps, Surgeon.

BILIOUS DIARRHŒA.

THIS form of relaxed bowels is characterized by its peculiar stools : these are bright yellow, loose, and copious. Bilious diarrhœa occurs during hot weather, or when there is a sudden change of temperature from cold to heat. If it be not cured early, by medicine or by a change of climate, it may run on to bilious fever.

TREATMENT.

Diet and Hygiene.—When bilious diarrhœa is prevalent, avoid eating all indigestible food, especially fresh stone fruit (plums, peaches, etc.), and do not take cold drinks, ices, etc., when heated. See, further, the remarks on “Diet,” in the articles on “Diarrhœa,” “Infants, Diarrhœa of,” and on “Cholera.” Remain quite still.

Remedies.—*Bryonia*, *Rhus Toxicodendron*, *Veratrum Album*, *Chamomilla*, *Mercurius*, *Arsenicum*, *Pulsatilla*.

Bryonia is sufficient by itself in the majority of cases, if it be taken at the commencement. The diarrhœa may be caused by hot summer weather (especially if it come on suddenly). It is especially indicated in persons of the bilious rheumatic habit of body. It is often alternated, with advantage, with *Rhus Toxicodendron*.

DOSE.—Three globules, two pilules, or one drop of the tincture,

in a dessertspoonful of water. Repeat after each stool, or take a dose, if the stools are not very frequent, every four hours.

Rhus Toxicodendron, in bilious diarrhœa affecting rheumatic individuals, whose rheumatic pains are relieved by motion. Especially in cases where several doses of *Bryonia* have been taken without any alleviation.

DOSE.—Same as for *Bryonia*. Repeat on alternate three hours with the last-named remedy.

Veratrum Album, in cases where the diarrhœa is very exhausting; the patient is obliged to keep lying down, and feels deadly weak. Diarrhœa in warm weather, after eating indigestible food (pickled salmon, etc.), attended by severe griping, cutting pains (like those of a knife) in the bowels, and bilious, greenish, watery diarrhœa, with vomiting (see "*Asiatic Cholera*").

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water. Take a dessertspoonful for a dose, every four hours.

Chamomilla for the bilious diarrhœa of children. Grass-green, bilious, watery, slimy diarrhœa. Tear-ing colic, with the belly distended and hard. Bitter taste in the mouth and bilious-coated tongue. The diarrhœa may be caused by a cold, or by fear, rage, or disappointment (not grief). If three or four doses of *Chamomilla* prove insufficient to afford relief, give *Bryonia* in its stead.

DOSE.—Same as for *Bryonia*. Repeat similarly. *Infants*: A teaspoonful of the mixture ordered for an adult.

Mercurius, in cases of greater severity, and of a less evanescent character, than those requiring *Bryonia*, and where the latter proves insufficient. The diarrhœa is characterized by griping in the bowels, before the stool, and painful and continual, ineffectual, urging to stool, or burning pain at the fundament after the stool.

DOSE.—See *Bryonia*. Repeat in like manner.

Arsenicum, for severe griping pains in the bowels, with offensive, putrid, slimy, *burning*, watery stools, containing undigested food. *Arsenicum* may be alternated, advantageously, with *Veratrum Album*, *Dulcamara*, *China*, etc. See the article upon "*Cholera*."

DOSE.—See *Veratrum Album*. Repeat in a like manner, or administer a dose of *Arsenicum* on alternate three hours with *Veratrum*.

Pulsatilla, if the diarrhœa be caused by indigestion, after the eating of fat indigestible food, or after too large doses (allopathic) of quinine and mercury. *The diarrhœa is principally at night*. Slight griping colic, followed by yellowish, greenish, slimy stools.

DOSE.—Same as for *Bryonia*. Take a dose after every stool, and, if diarrhœa threaten, at bedtime.

CHOLERA.

Symptoms.—These are vomitings, purgings, gripings, anxiety, and greater or less prostration of strength. There are two varieties of cholera, namely, the Bilious or English cholera, and the Asiatic or Malignant cholera. In no disease is the success of the homœopathic over all other methods of treatment more marked than in the last-named disease.*

It is a notable fact, in connexion with the, apparently, nearly miraculous success of the homœopathic treatment of *Asiatic Cholera*, that the remedies, homœopathic to its symptoms, were prescribed by the great Hahnemann, although at that time, when he pointed the proper medicines out, he had not met with a case of *Asiatic Cholera*, and only knew the symptoms from the books.

BILIOUS (ENGLISH) CHOLERA.

Symptoms and Causes.—The symptoms of bilious cholera are,—nausea, followed by vomiting, griping and purging of the bowels; spasms of the muscular walls of the abdomen and of the lower limbs, great prostration; the discharges, both vomited and

* See "*Appendix*," page 14, to this work, by the same author, on "*Diseases of the British Possessions*."

purged, are profuse and loaded with bile. The causes of bilious cholera resemble those of bilious diarrhoea, namely, cold drinks when heated, exposure to cold or damp whilst perspiring, unripe fruit, mushrooms, cucumbers, and all uncooked vegetables dressed with vinegar, pickled salmon, and teething. See, further, the articles on "*Bilious Diarrhoea*," "*Diarrhoea*," "*Colic*," "*Dysentery*," and "*Indigestion*."

TREATMENT.

Diet.—During an attack of cholera avoid overloading the stomach, it not then being in a fit state to digest much solid food; if any be during such an attack taken, it acts as an irritant to the digestive organs, and, instead of strengthening the patient, it keeps up and even increases the exhaustive discharges of cholera. This is by no means unnecessary advice, many individuals taking more, as well as more nutritious, food at this time, on account of the diarrhoea.

Remedies.—*Bryonia*, *China*;—*Arsenicum*, *Chamomilla*, *Colocynthis*, *Ipecacuanha*, *Nux Vomica*, *Pulsatilla*, *Veratrum Album*.

Bryonia is suited to the bilious diarrhoea of warm weather, and to the diarrhoea following the drinking of cold water when heated. Rheumatic pains are an additional indication. *Bryonia* is sufficient, in a great number of cases, for the cure of this affection. It may also be taken, in some cases,

advantageously, in alternation with *China*. See "*Bilious Diarrhœa*."

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat after each stool, if they are not very frequent; otherwise, every four hours.

China for a bilious attack from indigestion; vomiting and diarrhœa, of undigested food, after eating. *China* is also indicated for the weakness following excessive alvine (bowel) discharges.

DOSE.—Same as for *Bryonia*. Repeat in a like manner.

Arsenicum, for vomiting and diarrhœa, with great prostration. The vomiting is violent, and consists of food, bile, of water and phlegm, or it may be of greenish, blackish, and bloody substances. There is urging to stool, with colic, and burning stool; the stools consist of undigested food, and afterwards of greenish, yellowish, blackish, or bloody, watery discharges, often having a very offensive or putrid odour. The prostration comes on suddenly, and there is a clammy sweat on, and coldness of, the extremities.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three tablespoonfuls of water, and give one for a dose every six hours.

Chamomilla may be sufficient at the commencement, especially for infants and females. The symptoms are those of bilious diarrhœa. *Chamomilla* is especially indicated if the attack follow a fit of passion.

DOSE.—See *Bryonia*. Repeat similarly. *Infants*: A teaspoonful of the dose prescribed for an adult.

Colocynthis, for bilious, greenish, vomiting and diarrhoea, with colic. The symptoms approach to those of dysentery.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours.

Ipecacuanha, at the commencement of the attack, when vomiting is the prominent symptom. Vomiting and diarrhoea;—the former of bilious, greenish water—or of food and drink; the latter is fermented, and pale yellow, greenish, foetid, or like those of dysentery. A colicky pain, as of a hand spread out on the abdomen, with pressure of the fingers.

DOSE.—Same as for *Bryonia*. Repeat every four hours.

Nux Vomica is a useful remedy, in place of *Bryonia*, at the commencement of the attack, if the patient has rather the *Nux* temperament (bilious, irritable, energetic, dark), than that of *Bryonia* (rheumatic). Bitter, acid, risings and vomitings, early in the morning and after meals, and ineffectual efforts at stool.

DOSE.—See *Bryonia*. Repeat after a lapse of four or six hours.

Pulsatilla, in cases where the attack follows the eating of fat and rich food—pastry, pork, etc. There are symptoms of indigestion; bitter or sour taste, after eating; nausea and vomiting; beating at the pit of the stomach; colic, with loose, bilious

greenish, watery evacuations, especially in the evening and early night.

DOSE.—See *Bryonia*. Repeat every four hours, as often as the symptoms are present.

Veratrum Album, in cases greatly resembling those needing *Arsenicum*. There is very great prostration, clammy perspiration, etc.; there are violent cutting pains in the bowels, as though from knives, around the navel, and cramps in the lower limbs. *Veratrum* may be taken alternately with *Arsenicum* or *Bryonia*.

DOSE.—See *Arsenicum*. Repeat similarly, or on alternate four hours, with that remedy.

ASIATIC CHOLERA.

(*Malignant Cholera.*)

THIS is a disease proper to tropical, especially eastern, climates. It is one of the scourges of India during hot seasons. It has, however, visited, at long intervals, this country, and Europe generally. It is fully treated of in the "*Appendix*" (on the "*Diseases peculiar to the British Possessions*"), by the author of the present work.

CHOLERINE.

CHOLERINE is diarrhœa of fæcal matter, occurring during a cholera epidemic; this often precedes, or follows, an attack of true cholera. This diarrhœa is accompanied by rumbling in the bowels. See further, "*Bilious Diarrhœa.*" Grief, and all depressing emotions, predispose the individual to attacks of this complaint.

Remedies.—*Bryonia*, *Chamomilla*, *China*.

Bryonia is indicated if, in addition to the above symptoms, bilious and rheumatic symptoms are present.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat after each stool, or at intervals of from two to four hours.

Chamomilla, for this diarrhœa, when excited by fear.

Dose.—Same as for *Bryonia*.

China, in cases where the diarrhœa is excited by grief. If this remedy fail, consult a professional homœopathist.

Dose.—Three globules, two pilules, or one drop of the tincture, in a little water. After each evacuation.

Diet, etc.—Follow the directions given for "*Diarrhœa*" and "*English Cholera.*"

Note.—The treatment given above is sufficient in the great majority of cases; if, however, the attack does not yield to this treatment, consult the articles on "*English Cholera*" and "*Bilious Diarrhœa.*"

WORMS.

(*Helminthiasis, Tænia.*)

General Remarks.—Worms, the parasites of the intestines, affect, principally, infants and children. Their presence is evidence of a constitutional state favouring their production, and the irritation engendered by them gives rise, secondarily, to serious maladies, such as epilepsy and convulsions. There is great difficulty in choosing the remedy specific to each case, but any such trouble is preferable to the empirical practice of the allopathist, namely, the mere expulsion of the worms by means of purgatives and so-called vermifuges.

There are three varieties of worms, namely, the thread-worm (*ascaris vermicularis*), called also the pin or maw worm; the long, round-worm (*ascaris lumbricoides*); the long tape-worm (*tænia vulgaris*). The general symptoms are given immediately underneath; special symptoms, peculiar to single species, are given separately with the treatment of each.

General Symptoms.—Itching at the nose; itching at the fundament, especially towards night, when warm in bed; depraved appetite, either excessive or wanting, or voracity with emaciation; a disordered state of the stomach; occasional nausea and vomiting; distended belly, with griping pains, followed by slimy stools, sometimes

streaked with blood; pale or livid face, with blue rings round the eyes; headache, with disposition to rest the head; uneasy sleep and unpleasant dreams; convulsions, especially in infants; the symptoms are worse when fasting, as on rising in the morning.

Causes.—Children are chiefly liable to the thread and round worm, and less to tape-worm. The lymphatic temperament, impure air, and a poor diet, or an exclusively vegetable or farinaceous diet, favour their production.

TREATMENT.

Diet.—This should be rather stimulating than otherwise, and consist of, principally, animal food—beef, mutton, and rabbit, but not of pork or veal; pastries, sweets, milk, uncooked fruits, vegetables, and too large a proportion of a farinaceous or bread diet, are injurious.

Hygiene.—Take plenty of out-of-door exercise. Take a cold, sponge, bath every morning. Keep the feet dry and warm.

THREAD-WORMS, PIN-WORMS (ASCARIS VERMICULARIS).

This variety is most frequent in domestic practice,—it affects the last portion of the bowel. They are named thread-worms from their resemblance to ends of thread or cotton. Thread-worms

increase and multiply with very great rapidity, and, if the diseased constitutional state of the patient be not cured, they will give annoyance for years.

Symptoms.—The chief one is an extreme itching at the anus, worse in the warmth of the bed, and occurring about the same hour every evening. There are, also, often symptoms of nervous derangement. They are chiefly found in growing children, and may be seen in their stools; or, if the infant's fundament be examined, they may be seen crawling about in its vicinity.

TREATMENT.

Injection.—Relief, for the time, is afforded by the injection, every evening, into the lowest bowel, of an enema of an ounce of olive (salad) oil. Another injection, and a more convenient one for adults, is a solution of salt and water, in the proportion of a dessertspoonful of salt to a pint of water. Inject nearly half, for an adult, or a quarter for a child.

Remedies.—*Aconitum Napellus*, *Calcareæ Carbonica*, *Coffæa*, *Cina*, *Ignatia*, *Mercurius*, *Sulphur*.

Aconitum Napellus, for worms, with fever, restlessness, and startings, especially at the beginning.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat, if necessary, after three hours. Give two teaspoonfuls of the above mixture, to a child under ten years of age, or one teaspoonful to an infant.

Calcarea Carbonica, for very fair, fat children, who are backward in their teething, are rickety, and are disposed to enlargements of the glands of the neck.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two teaspoonfuls of water. Give one teaspoonful of this mixture for a dose, every morning and evening, for seven days.

Coffea, for wakefulness, and nervous restlessness, especially at night; without the feverish character that is indicative of *Aconite*. If the symptoms become aggravated, notwithstanding the use of this remedy, see, below, "*Belladonna*."

DOSE.—Same as for *Aconite*. Repeat, if necessary, and if *Coffea* be still indicated, after an interval of four hours.

Cina is chiefly indicated by the specific character of the fever. This remedy is more fully noticed in the next division—on the *round-worm* (*lumbicus*).

DOSE.—See "*Round-worm*," subdivision "*Cina*."

Ignatia, after *Aconite*. *Ignatia* is more efficacious than *Nux Vomica*, for worms, especially for women and children. It should be administered after *Aconite*. Individuals possessed of the masculine, energetic temperament of *Nux Vom.*, are seldom affected with *thread-worms*. *Ignatia* is especially indicated in cases where there is protrusion of the gut (*prolapsus ani*).

DOSE.—Same as for *Aconite*. Repeat thrice daily for a week.

Mercurius is a useful remedy in worm affections. It is, however, rather indicated by the character of

the stools and discharges from the rectum than by the presence of the worms. The bowel discharges are sour, greenish, slimy, and bloody, and cause soreness of the anus. Other symptoms are,—protrusion of the gut; frequent, ineffectual desire for stool; sore mouth; foul breath, and increased flow of saliva. The symptoms are worse at night, with great restlessness and feeling of wretchedness.

DOSE.—See *Aconite*. An occasional dose only should be given.

Sulphur is the best remedy to administer after the *Ignatia*.

DOSE.—Same as for *Calcarea Carbonica*. Repeat twice daily, for a week.

ROUND-WORM (ASCARIS LUMBRICOIDES).

This variety of worm measures from ten to fifteen inches in length, and closely resembles the common earth-worm. Round-worms collect in numbers in the small intestines, and chiefly affect thin people. They occasionally ascend into the stomach, and even creep out at the nostrils and mouth, or, descending, pass out at the back passage.

Symptoms.—The symptoms characterizing the presence of this variety are—great emaciation, a feeling of intolerable faintness, and, occasionally, nausea and vomiting. The pains are, gnawing,

crawling, boring, itching, colicky, and shifting. The only positive proof of worms is their presence in the stool or in the matter vomited. Occasionally one may be found on the floor, where a child has been playing.*

TREATMENT.

Diet, etc.—See, above, “*Treatment.*”

Remedies.—*Aconitum Napellus*, *Belladonna*, *Cina*, *China*, *Cicuta Virosa*, *Hyosciamus*, *Ignatia*, *Mercurius*, *Phosphorus*, *Silicea*, *Stramonium*, *Sulphur*.

Aconitum Napellus, at the commencement, for the fever, affords relief more quickly, and in a larger proportion of cases, than any other remedy.

Dose.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat, if necessary, after three hours, once only. Give half of the above to a child under ten years of age.

Belladonna is indicated in all those cases in which the brain symptoms point to its use. The symptoms will be found in full in the article on “*Brain Fever.*” In cases where the fever, excessive irritability, and restlessness, are not relieved by *Aconite*; at the same time that the reader is unable to distinguish between the symptoms of the two present.

Dose.—Give two globules, or one pilule, for a dose. Administer, dry, on the tongue, or in a teaspoonful of water. Do not

* I have had many instances of this happening brought to my notice.

repeat the dose for six or eight hours. *Adults*: Three globules, two pilules, or one drop of the tincture.

Cina is useful for all kinds of intestinal worms. It is indicated by a boring itching at the nose and fundament, exciting, and evidenced by, scratching and picking of those parts; great irritability, peevishness, and bashfulness, especially of children; pale face, with livid circles round the eyes; depraved and voracious appetite, even after a meal; wetting the bed, and involuntary passage of urine; coated tongue; foul risings; nausea and vomiting.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every morning and evening, for a week; for an infant, a teaspoonful of the above mixture.

China is indicated by considerable weakness of the digestive function, with loss of appetite and indifference to food, or by a dislike to all kinds of aliment. Great weakness of the digestion, evidenced by pain after eating anything. Sour vomiting, or risings tasting of the food. Constipation, or loose stools at night.

DOSE.—Same as for *Cina*. Repeat morning, noon, and night.

Cicuta Virosa, in cases where there are spasmodic contractions of the whole body, jaws, limbs, etc. The patient may be actually convulsed, and have an epileptic seizure. These cases, however, are of too serious a nature for domestic treatment.

DOSE.—If the reader venture upon the treatment of such a case, he must administer this remedy in a like manner to *Belladonna*.

Hyosciamus is required, like the last-named remedy, and *Stramonium*, in cases where the symptoms of cerebral disturbance are the principal ones. See the articles on "*Brain Fever*" and "*Hyosciamus*," the latter in the "*Materia Medica*," at the end of this work.

DOSE.—See *Belladonna*, and the article on "*Brain Fever*."

Ignatia, for symptoms less marked than those of *Cina*. This remedy is often given after *Aconite* and before *Cina*.

DOSE.—Same as for *Cina*. Repeat every morning and evening, for three or four days.

Mercurius, when the principal symptoms are,—slimy diarrhoeic stools, passed with much straining; distended, hard abdomen; profuse flow of saliva.

DOSE.—Same as for *Cina*. Repeat the dose after each stool.

Phosphorus, in cases where these worms are present in individuals affected with difficult and painful respiration, especially on first going to bed, and on going up stairs; many kinds of cough, with expectoration of phlegm, bloody phlegm, or greenish matter; hoarseness; sweats; emaciation, etc. See the articles on "*Cough*," "*Bronchitis*," etc., in *Part VII*.—"Respiratory Affections." Undigested stool; blood with the stool; gnawing and itching at the fundament.

DOSE.—See *Aconitum Napellus*. Repeat every six hours.

Silicea, in young persons of rickety, scrofulous

habit of body ; who sweat too easily and exhaustingly ; are very drowsy, sleep uneasily, and have bad dreams ; are subject to whitlows of a painful kind, and which are very difficult to heal ; and who have foul-smelling, perspiring feet.

DOSE.—See *Cina*. Repeat, once a-day, for seven days.

Stramonium, in cases of inflammation of the brain, with violent delirium. See the article on "*Brain Fever*."

DOSE.—See *Belladonna*, and the above-named article.

Sulphur should be given to complete the cure.

DOSE.—Same as for *Cina*. Repeat the dose every evening for a week, then every other evening for a fortnight.

TAPE-WORM.

(*Long and Broad Tape-worm, Tænia Solium, T. Vulgaris.*)

The *long tape-worm* measures from thirty to forty feet or more in length ; it frequents chiefly the upper or small intestines, and feeds upon the chyle, *i.e.* food digested so as to be capable of absorption. Its body is jointed, and the joints are often expelled separately ; the latter, from their resemblance to gourd-seeds, have given rise to another name to this variety, namely, the *Tænia cucurbitina*, or *gourd-seed tape-worm*.

The *broad tape-worm* measures from three to twenty feet in length, has broad and short joints, and tapers from its centre towards its extremities. It lives similarly to the long variety.

The existence of tape-worms in the intestines, may be sympathetically productive of epileptic fits, mania, idiocy, palsy, etc.

Special Symptoms.—There are creeping, clawing sensations about the navel, from left to right, or ascending into the throat, with great nausea and squeamishness; canine hunger, etc.

The symptoms that may be present, in cases of tape-worm, are exceedingly numerous; indeed, far too much so, to be more than alluded to in a domestic work.

TREATMENT.

In addition to the under-mentioned remedies, see the remedies recommended for the other two species of worms, and compare their symptoms with those of the patient. *E.g.* *Aconite* for feverish restlessness, etc.

Remedies. — *Felix Mas*,* *Ignatia*, *China*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Arsenicum*, *Calcarea Carbonica*, *Sulphur*.

Ignatia is indicated by the presence of its symptoms of indigestion, spasms, etc. See, above, "*Ignatia*," and the various articles in this work that treat of the symptoms present (*e.g.* "*Indigestion*," "*Colic*," "*Spasms*," "*Convulsions*").

DOSE.—See, above, "*Ignatia*."

* *Felix Mas* is most often given in massive doses. It should only be administered subject to the advice of a homœopathic practitioner.

China, Mercurius, Nux Vomica, Pulsatilla.—See the symptoms already mentioned above, in the treatment of pin and round worms ; also the various articles on “ *Colic*,” “ *Convulsions*,” etc.

Arsenicum is indicated in many cases by the accompanying symptoms of *tænia* ; by the emaciation, fever, disordered digestion, stools, pains in the abdomen, etc. See the article on “ *Arsenicum*,” in the “ *Materia Medica*,” at the end of this work.

DOSE.—See *Cina*.

Calcarea is, as a broad rule, to be preferred to *Sulphur* in all cases where the temperament of the patient corresponds to it, rather than to the latter remedy. Females, children, and individuals of fair, delicate skin, having enlarged glands, and who are generally of scrofulous (strumous) habit.

DOSE.—See *Cina*. Give one dose in the morning, and wait seven days.

Sulphur, to males, rather than to females, etc. (see, above, “ *Calcarea Carbonica*”) ; — having a feeling of oppression, as from a lump, at the navel, disturbing the patient’s rest at night ; they suffer from a costive habit of body, and pass hard stools, containing pieces of *tape-worm*.

DOSE.—See *Cina* and *Calcarea Carbonica*.

PILES.

(Hæmorrhoids.)

THIS very troublesome affection of the bowels, though only a symptom of a constitutional state under which many individuals suffer extreme annoyance and pain, is so prevalent, that it is considered well worthy of a separate notice.

Hæmorrhoids are analogous in character to the varicose veins which appear upon the lower limbs of individuals advanced in life, and especially on those of pregnant females.

Symptoms and Causes.—Any obstruction to the return of blood from the rectum, through the hæmorrhoidal veins, produces piles. Accordingly, their existence is principally dependent upon the activity or sluggishness of the liver; this is owing to the anatomical fact, that a large bloodvessel, called the portal vein, carries a certain part of the venous blood (in the course of its circulation through the body) to the liver, there to have some of its most impure constituents removed; this portal vein is formed by several smaller veins, and, amongst others, by the hæmorrhoidal veins (a congested state of the latter constitutes piles).

If, from any cause, the liver does not purify the blood brought to it, and forward it as rapidly as the portal vein brings it, it follows that the portal

vein and its tributaries will become congested. It is exactly similar to a set of sewers; if the large sewer gets stopped up, the smaller ones must necessarily become so.

Direct causes are,—pregnancy and severe labours. The indirect causes are,—a constitutional predisposition (temperament), a free indulgence in stimulating drinks, coffee, and highly-seasoned dishes, sedentary habits, constipation, suppressed chronic discharges, soft, warm beds, over sexual excitement, etc.

Piles are either internal or external, and are so named according to their position, whether situated internal or external, to the external orifice (anus) of the bowel. They are also called blind or bleeding piles. External piles habitually protrude out of the external opening of the bowel (anus), and are always blind (non-bleeding). The internal variety may be bleeding or blind. Individuals affected with piles suffer mostly from constipation and headache; when an internal pile is down, or protruded through the anus, they suffer extreme annoyance.

It is with the internal, rather than with the external, piles that we are more immediately concerned.

A great number of persons have a hæmorrhoidal disposition, and it must, with any concomitant symptoms, be taken into consideration in making choice of a suitable remedy.

The temperament indicative of *Nux Vomica* and

Sulphur illustrates well the hæmorrhoidal predisposition.

“*Age*,” says Mr Erichsen, “exercises considerable influence in predisposing to piles. This disease is not unfrequently met with in young men of eighteen or twenty years of age, more especially if they be of a relaxed and phlegmatic temperament with languid circulation, and are obliged to lead a more sedentary life than is natural or proper at that age. After this period, the liability to the disease diminishes until middle age is reached, when the tendency to hæmorrhoidal affections is again increased, and becomes more marked than at any former period of life, owing to the more active operation of those causes that tend to retard the return of the portal blood” (the blood of the portal vein, which passes into the liver).

“*Sex* appears to exercise more influence on the occurrence of hæmorrhoids at particular periods of life than on the general liability to the disease. It certainly appears to be more frequently met with in young men than in young women; but at a later period of life, so far as my observation goes, the disease occurs with nearly equal frequency in both sexes.” There is no need to follow this writer further, as it can be readily understood that the monthly habit, and pregnancy, must exercise an active influence on the venous circulation of this region.

In addition to the exciting causes of piles above

mentioned, are,—the use of purgatives, aloes, colocynth, rhubarb, etc.; the long-continued use of *mercurial* preparations (in, allopathically, massive doses) for a *sluggish* liver, a constant practice with Europeans in tropical climates; ultimately, by necessitating a period of re-action, increasing its torpid action; lastly, in some persons, hard riding on horseback.

TREATMENT.

Diet and Hygiene.—When the piles depend upon a too free and stimulating diet, it is necessary at once to correct all habits of indulgence. Daily exercise, the use of the cold sitting-bath, and sleeping on a mattress, are highly beneficial. Consult the article upon "*Constipation.*"

The internal piles may be protruded through the anus, during stool, and become inflamed. Obtain professional assistance; in the meantime, have a warm hip-bath, and empty the bowel by repeated injections of warm water.

Remedies.—*Aconitum Napellus*, *Carbo Vegetabilis*, *China*, *Mercurius*, *Acidum Nitricum*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

Aconitum Napellus is indicated by the bleeding of the piles, with throbbing, tenderness, and pressing pains at the fundament, and pains across the loins.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat, if necessary, after a lapse of three hours.

Carbo Vegetabilis is suited in cases where, in conjunction with the piles, there is constipation characterized by costiveness, the stool being hard and incapable of being passed all at once; or when the stool, though not hard, is passed with difficulty, attended with a burning sensation at the anus; when also the stools feel burning, and blood is discharged with them; again, where there is a tendency to congestion of the head, accompanied by flow of blood from the nose, and torpor of the bowels. *Carbo Veg.* is especially suited when the symptoms include the one of burning. *Carbo Vegetabilis* may often be alternated, with advantage, with *Arsenicum*.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat, morning and evening, every day, for seven days.

China, for the loss of blood, and consequent debility, from bleeding piles. *China* is consequently indicated in cases where *Aconite* has arrested the flow of blood, and where there is much remaining weakness, or where the *Aconite* fails to arrest it.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat the dose morning, noon, and night.

Mercurius, for piles, present during an attack of jaundice, or inflammation of the liver, or accompanying an attack of bilious diarrhoea, or dysentery; night sweats, without any relief.

DOSE.—See *Carbo Veg.* Repeat every four hours, four times.

Acidum Nitricum, for long-standing cases of piles, dependent upon chronic disease of the liver; or accompanying the period of reaction which surely follows the excessive stimulation of that organ (especially frequent among *Anglo-Indians*) by *Mercury*, stimulants, hot curries, etc.

DOSE.—Same as for *China*. Repeat morning, noon, and night.

Nux Vomica, for a constipated, or costive, habit of the bowels, or alternately, in old cases, with diarrhoea. After stool, burning, sweating, pains, and pulsation in the piles.

DOSE.—See *Carbo Vegetabilis*. Repeat every four or six hours, four times.

Pulsatilla. In females (especially during pregnancy and when lying-in), and persons possessed of a lymphatic temperament. The piles are more troublesome in the evening.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every four hours, if necessary, six times.

Sulphur is a valuable remedy for piles. It may be taken alone, or alternately with *Nux Vomica*. *Sulphur* should be taken, in almost all cases, after *Nux Vomica*, to complete the cure. In fact, the alternate employment, just mentioned, of these two remedies, is sufficient to effect a cure in a large number of cases, without the administration of any other medicines.

DOSE.—See *China*. Repeat the dose every morning and evening; or on alternate four or six hours, with *Nux Vomica*.

PROTRUSION OF THE GUT— PROLAPSUS ANI.

THIS is the descent, through the anus, of the lowest portion of the mucous membrane of the gut (rectum). The muscular coat of the gut, in severe cases, accompanies its mucous lining. This last class of cases is, however, altogether foreign to the scope of a domestic work.

Causes.—All straining, and forcing-down efforts, favour the descent and protrusion of the gut; for this reason, it is a common affection of females, during child-birth, and, subsequently, whilst lying-in; and in males suffering from stricture, or stone in the bladder, or from a urinary affection exciting straining in passing water.

Another fertile exciting cause of prolapsus is the existence of internal piles; which carry with them the lining mucous membrane, when they are forced down at stool.

Lastly, children, and individuals of a relaxed and weakly habit of body, are especially liable to this condition of the gut.

Symptoms and Appearance.—The only affection with which *prolapsus ani* can be confounded is a protrusion of internal piles; which latter is only, in fact, a variety of the same complaint.

Prolapsus is, says *Mr Erichsen*, a “protrusion of a ring of mucous membrane of a red or purplish

colour, and having a somewhat tinged look, rather lobulated in shape, and varying in size from half a walnut to a small orange. In *prolapsus* there is, when the protrusion is down, a dragging and smarting sensation, often attended with a good deal of spasm about the neck of the bladder, and not unfrequently with symptoms of stricture. In chronic cases, the anal aperture (fundament) will appear to be permanently relaxed, and on introducing the finger into it, it will be found to be widened and relaxed. The protrusion at first occurs only after defecation (stool), and then readily goes back of itself, or is reduced by the exercise of steady pressure upon it; after a time, however, it will come down at other periods; thus it may protrude after riding, walking, or even standing, and is returned with great difficulty. *Strangulation* of the prolapsus" may occur, causing mortification of the protruded mass; this is a very serious complication.

TREATMENT.

Diet.—This is to be the ordinary diet of homœopathic patients.—See *Constipation* and *Piles*.

Palliative Treatment, Return of the Gut.—When the portion protruding is small, it is easily returned by the thumb and forefinger (greased). If the protrusion be large, professional aid must be obtained. If the protruded gut be not readily returned with the oiled finger and thumb, and professional assistance be not immediately available, a hot hip-bath,

or steaming the part with the vapour of hot water, facilitates the digital operation.

In chronic cases, where the gut is always coming down and cannot be kept up, a belt and an anal pad give temporary support. These old-standing cases require, however, the aid of a skilful homœopathic surgeon.

After Treatment.—Use a cold-water enema every day for a week.

Additional Observation.—"The regulation of the bowels," says Mr Erichsen, "is as important in cases of prolapsus as in piles." These cases are immensely benefited by the homœopathic treatment, which properly regulates the action of the bowels, without relaxing, and so weakening and ultimately increasing, their constipated habit. The following remark, by this writer, is worthy of notice. "It is a good plan in prolapsus to get the patient to have his daily motion at bedtime, instead of at the usual hour in the morning, the recumbent position and the uniform temperature of the bed preventing that irritation of the sphincter and spasm of the anal muscles that commonly continues for some time after the reduction of the prolapsus, and which is a source of great discomfort when occurring in the early part of the day." Patients often, I have noticed, find this out for themselves.

Remedies.—*Arsenicum*, *Ignatia*, *Lycopodium*, *Mercurius*, *Nux Vomica*, *Sepia*, *Sulphur*.

Arsenicum, for stool followed by great weakness

and shivering; very painful spasmodic protrusion of the gut, which remains so after bleeding.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Take one dessertspoonful for a dose. Repeat after an interval of from four to six hours.

Ignatia is a useful remedy for the *prolapsus* of infants, and, less often, of females. In the case of males, and energetic adults generally, it is less efficacious than *Nux Vomica*. It is indicated by a frequent unsuccessful desire for stool, pain in the bowels, ineffectual straining, and slight protrusion of the gut. Cutting, pressing pain in the last portion of the gut, after stool.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water. Give an *adult* one tablespoonful of this mixture, and an *infant* one, two, or three teaspoonfuls of the same. Repeat after an interval of an hour.

Lycopodium is not indicated in decided prolapsus, although it may be given with advantage for symptoms favourable to its production,—painful internal piles; the anus is sore, as though it were ulcerated, when sitting or walking. A relaxed state of the whole system, with weakness and emaciation.

DOSE.—Same as for *Arsenicum*.

Mercurius, for children with distended abdomens, and with painful and ineffectual straining at stool. Burning, greenish, mucous, slimy stools, with blood, and protrusion of the gut.

DOSE.—*Infants*: Dissolve three globules, two pilules, or one drop of the tincture, in eight teaspoonfuls of water. Give one for a dose every four hours.

Nux Vomica, for a costive habit of body, in individuals of choleric, hæmorrhoidal temperament. Spasmodic stricture of the anus and narrowing of the rectum. This is the most valuable medicine there is, for immediate use, in cases where the descent is owing to muscular spasm, and is prevented from returning (*i.e.* is strangulated) by the same cause.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every four or six hours.

Sepia, in cases of chronic prolapsus affecting females. Painful internal piles, which bleed whilst walking, and are protruded, when straining, through the anus. The prolapsus requiring this remedy is generally associated with some derangement of the female functions.

DOSE.—See *Arsenicum*.

Sulphur, in chronic cases of this complaint, after, or in alternation with, *Nux Vomica*, where that remedy is indicated by the patient's temperament and symptoms.

DOSE.—Same as for *Arsenicum*. Repeat morning and evening, or on alternate four hours with *Nux Vomica*.

PART VII.

RESPIRATORY AFFECTIONS.

HOARSENESS—LOSS OF VOICE.

THESE affections, or rather varieties of the same affection, are generally due to an inflamed condition of the mucous membrane lining the larynx (organ of the voice) and the windpipe. The most common cause of hoarseness, and the one more especially treated of in this article, is the common cold or catarrh. For hoarseness, as a symptom, see "*Croup*," "*Measles*," "*Bronchitis*," "*Cold in Head, Coryza*," "*Catarrh of the Head and Chest*," etc.

Hoarseness is either recent or of long standing. I shall first give the treatment of the former; chronic or inveterate hoarseness is also treated of; persons, however, so affected, or having a disposition to be so affected, by the least exposure to cold or damp, should apply to a competent homœopathic practitioner.

TREATMENT.

Diet.—This is, necessarily, different in recent cases and in those of long standing. In hoarseness accompanied by feverishness, the diet should be light, unstimulating, and contain little or no meat or animal food, but it should be similar to that

directed in the article on "*Fever*." In long-standing cases, meat, and the usual diet of the patient, is allowable, with the exception of *coffee, spices, peppers*, etc., and all condiments and scents which can interfere with the proper action of the homœopathic medicines.

EXTERNAL TREATMENT.

The best and the natural preventive of hoarseness, for males, is the beard. The hair about the throat protects the organ of voice against the changes of temperatures (both of heat and of cold—as a blanket is used for warmth, in winter, or to prevent the melting of a lump of ice, in summer), and the moustache is a natural respirator for the mouth and lungs. Individuals disposed to hoarseness should sponge the neck and chest every morning with cold water. For hoarseness, with sore throat, apply a wet compress to the throat. Wring out two or three folds of linen, in cold water, and place them round the throat, then cover the wet rags with oiled silk, and over all place a thick flannel bandage. The best time to wear the compress is at night.

HOARSENESS OF RECENT ORIGIN.

Remedies.—*Nux Vomica, Pulsatilla, Mercurius, Chamomilla, Drosera.*

Nux Vomica is the principal remedy for catarrhal hoarseness in its first or dry period, when the head

feels stopped up, and there is a dry cough; also when accompanied by constipation. *Nux Vomica* is especially indicated, for the above-mentioned symptoms, in individuals of irritable and energetic disposition.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat three times a-day, or, in severe cases, every four hours.

Pulsatilla is suited to individuals of a mild, phlegmatic temperament (fair hair and blue eyes), with almost complete loss of voice, and a loose cough. Cold in the head, with loss of smell and taste, and a thick yellow discharge from the nose.

DOSE.—See *Nux Vomica*. Repeat every four or six hours.

Mercurius follows well after *Nux Vomica* and *Pulsatilla*. For hoarseness accompanied by a profuse running from the nostrils, by frequent sneezing, and by an increased flow of saliva: the throat feels sore when swallowing; the hoarseness and the other symptoms are aggravated towards night.

The patient sweats too easily and profusely at night, without being relieved.

DOSE.—Same as for *Nux Vomica*. Repeat every four or six hours.

Chamomilla, for hoarseness, in children, of catarrhal origin, the feverish symptoms are worse towards night. Great restlessness, and general drowsiness.

DOSE.—*Adults*: See *Nux Vomica*. Repeat every three hours. Give an infant or child one or two teaspoonfuls of the adult's dose.

Drosera is useful if the hoarseness be deep and hollow.

DOSE.—See *Nux Vomica*.

HOARSENESS OF LONG STANDING.

Remedies.—*Carbo Vegetabilis*, *Hepar Sulphuris*, *Sulphur*.

Carbo Vegetabilis is useful for obstinate hoarseness of catarrhal origin, with sore throat, which does not yield to other remedies; the hoarseness is worse in the evening or morning, in cold or damp weather, and after talking.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one for a dose, three times a-day.

Hepar Sulphuris is indicated for the chronic hoarseness of individuals who have been salivated.

DOSE.—See *Carbo Vegetabilis*. Repeat every four or six hours.

Sulphur is very useful in cases of hoarseness of long standing, to complete the cure. There is a sensation of roughness in the throat, and the voice is affected by damp weather.

DOSE.—See *Carbo Vegetabilis*. Repeat twice a-day for seven days.

COLD IN THE HEAD (CORYZA).

THIS complaint is an inflammation of the mucous membrane lining the nose, frontal sinuses, and throat. It is often the precursor of influenza, or of inflammation of the chest.

Causes and Symptoms.—The head feels stopped up. There is running from the nose, causing soreness and excoriation. Sneezing; watering of the eyes; headache; sore throat; hot skin, thirst, etc.

The almost universal cause of this affection is exposure to a sudden change of temperature. See, further, "*Catarrh*," "*Common Cold in the Head and Chest*."

TREATMENT.

Diet, etc.—See "*Catarrh*" and "*Fever*."

Premonitory Stage.

Camphor.—The administration of the *Strong Tincture of Camphor*, by olfaction, or it can be taken internally, on sugar, in the incipient stage of this complaint, is often sufficient to arrest its progress (see "*Common Cold in the Head and Chest, Catarrh*").

Dose.—Employ the homœopathically prepared *tincture*, it being more efficient. *Olfaction.*—Put the phial of *Camphor* to the nostrils, expire forcibly, then close the mouth and take a deep inspiration through the nostrils. Repeat four times, at intervals of five minutes. *Internal Administration.*—One drop

of the above-mentioned *Tincture of Camphor*, upon a small lump of loaf-sugar. Repeat at intervals of thirty minutes; increase the interval as the symptoms are ameliorated.

SUDDEN SUPPRESSION OF A COLD IN THE HEAD.

Stoppage of the Discharge.

Consult the following remedies,—*Aconitum Napellus*, *Arsenicum*, *Bryonia*, *Chamomilla*, *China*, *Ipecacuanha*, *Nux Vomica*, *Pulsatilla*, *Sulphur*.

DISPOSITION TO TAKE COLD.

See the following,—*Calcareo Carbonica*, *Pulsatilla*, *Silicea*, *Sulphur*.

The proper steps, both hygienic and medicinal, to guard against (perhaps to eradicate) this predisposition cannot here be fully treated of without going beyond the scope of a domestic work. Individuals who catch cold from the least exposure to cold, or damp, should consult a homœopathic practitioner.

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Belladonna*, *Bryonia*, *Calcareo*, *Chamomilla*, *China*, *Dulcamara*, *Euphrasia*, *Hepar Sulphuris*, *Lachesis*, *Lycopodium*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Silicea*, *Sulphur*.

Aconitum Napellus is indicated at the commencement;—by chills, followed by heats; dry burning skin; thirst; and scanty, dark-coloured urine. Other symptoms are,—headache, and

stupifying pressure over the root of the nose, and running from the nostrils; or dryness, the head feeling stopped up.

Dose.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat at three or four hour intervals, until the fever symptoms have abated.

Arsenicum Album is suitable where the nose feels stopped up, and the discharge from the nose is acrid and excessive; for excoriation (rawness) and burning of the nose. Hoarseness; buzzing in the ears. Amelioration from warmth. Chilliness and coldness; weakness and lassitude; and symptoms indicating influenza, rather than a simple cold in the head.

Dose.—Two globules, one pilule, or half a drop* of the tincture, in a tablespoonful of water. Repeat, three times, every six hours.

Belladonna, if, with the headache, there be pale face, the sense of smell be affected, and the throat feel, or is, sore and swollen. This remedy may follow *Hepar Sulphuris* or *Mercurius*, if either prove insufficient to the case.

Dose.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Take a dessertspoonful of the mixture for a dose, every four or six hours.

Bryonia may be taken with advantage, if the patient be disposed to rheumatism, or has rheumatic pains at the time; especially, the latter, of

* Dissolve one drop in two tablespoonful of water, and take one for a dose.

the head and chest. The sanguino-bilious temperament; with, sometimes, bleeding from the nose.

DOSE.—See *Aconite*. Repeat every four hours.

Calcareo Carbonica is indicated in the cases of individuals easily disposed to take cold. Especially females and children, with delicate, irritable, fair skin, and with much subcutaneous fat (*i. e.* embonpoint).

DOSE.—See *Belladonna*. Repeat every six hours, three times.

Chamomilla, is especially suited to the catarrh of children, when as then so often caused by suppressed perspiration; the symptoms are shuddering, with internal heat; stupor and drowsiness; feverish restlessness; soreness and inflammation of the eyes, and margins of the eyelids; the nose is sore and ulcerated, and there is a mucous discharge from the head. The coryza may be dry or running.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, every three hours. Half, or a third, of the above, is the dose for a child.

China is not indicated *per se* in cold in the head, more than it is in any other affection of the air-passages. In cases, however, where there is general weakness, following a copious fluent discharge from the nostrils, and, perhaps, nose-bleed, *China* may be given with great advantage.

DOSE.—See *Aconite*. Repeat morning, noon, and night.

Dulcamara, for a stoppage of the nose; the dis-

charge ceases on exposure to cold air. Bleeding from the nose; dry tongue; headache. The patient feels worse towards night, when resting, and is relieved by motion. *Dulcamara* is indicated in the coryza of individuals affected with enlargements of the neck glands.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat at three, four, or six hour intervals, as required.

Euphrasia is a valuable remedy for cold in the head, especially in children; in cases where the eyes are principally affected. The inflammation and irritation in, and discharge from, the head and nostrils, are secondary to the catarrhal inflammation of the eyes and eyelids, and not its cause.

DOSE.—See *Aconite*. Repeat every three or four hours.

Hepar Sulphuris, after *Mercurius*, or in place of it, if the patient has taken much of that drug. Cold air causes an aggravation of the cold and headache. Catarrh of one nostril.

DOSE.—Same as for *Dulcamara*. Repeat every four or six hours.

Lachesis is recommended by some homœopathic physicians for cold in the head, characterized by sneezing and running discharge from the head and nostrils; by soreness and swelling of the latter, and of the lips; bad temper; confined habit of body, etc.

DOSE.—Same as for *Aconite*. Repeat after a lapse of four hours, if any benefit be derived from its administration.

Lycopodium, for stoppage of the nose at night ; dry cold in the head, with stupid heaviness and heat in the forehead.

DOSE.—Same as for *Belladonna*. Repeat after an interval of six hours.

Mercurius, for frequent sneezing ; copious discharge from the nose ; red, shining, swelling of the nose, with itching. A disposition to perspire, or a profuse sweat, without relief, at night ; aggravation when warm in bed, with chilliness. The nasal phlegm smells foetid, and is of a yellowish colour, and thick ; or, the discharge may be watery, or purulent and offensive. Other symptoms are,—discharge of tears from the eyes ; hoarseness, even loss of voice.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours.

Nux Vomica, when the nose is stopped up at night, with running from it during the day ; a copious discharge of corrosive mucus from the nose, although it feels stopped up ; frequent sneezing ; continual heat in the nose ; the nostrils are very tender to touch. Inflammation of the inner nose, with discharge of greenish, foul matter. The throat feels sore, and dry, and there may be a feeling as of a plug in it. Swelling of the uvula. Heaviness of the head. Bowels are confined.

DOSE.—Same as for *Dulcamara*. Repeat every three, four, and six hours.

Pulsatilla, for cold in the head, with loss of

smell and taste; yellowish, green, offensive, foetid discharge from the nose; *in the evening* the nose is *stopped up*, and in the morning some thick yellow mucus is expelled. The temperament of the individual suffering from cold in the head should correspond with that indicative of *Pulsatilla*. See the "*Materia Medica*," article *Pulsatilla*.

DOSE.—Same as for *Dulcamara*. Repeat every four hours.

Sulphur is useful in cases of chronic catarrh, where *Nux Vomica* would be indicated in the acute period. There is catarrh of the head, with confusion of the thoughts; frequent sneezing; constant drowsiness, etc.

DOSE.—See *Belladonna*. Repeat every six hours.

CATARRH.

CATARRH is applied equally to the common cold in the head and chest, and to the epidemic form (*i.e.* influenza); the more simple variety is taken here.

COMMON COLD IN THE HEAD AND CHEST.

(*Catarrhal Fever*.)

General Remarks.—The treatment of this universal complaint is divided, for the convenience of

the reader, into two divisions, namely, the common cold in the head and chest, and the common cold in the head; for the latter, see page 477.

Causes, Immediate.—The direct cause of catarrh is, invariably, perspiration repelled by a chill. This may take place in various ways,—by getting the feet wet, by exposure to a sudden change of temperature from heat to cold, as happens on leaving public meetings, theatres, etc.

Causes, Remote.—Many individuals are peculiarly susceptible to this complaint, and seem almost to take cold without exposure to atmospheric changes.

Symptoms.—Slight fever followed by a profuse mucous discharge from the head and chest (windpipe). The head feels stopped up, the nostrils are obstructed, and there is a thick irritating discharge, producing soreness and excoriation, and frequent sneezing. The throat is sore, and the windpipe is obstructed by the phlegm; the latter may extend into its divisions and excite a troublesome cough. The eyes are more or less affected by a watery discharge.

Possible Consequences.—The most serious affections of the chest follow a neglected or badly treated catarrh. This is so, especially, in the case of an individual of a consumptive or scrofulous diathesis (habit of body). Among these chest affections from a catarrh may be mentioned,—*Bronchitis*, *Pneumonia* (inflammation of the lungs), and *Consumption* (decline, phthisis).

TREATMENT.

In the early phase of this affection the reader may consult with advantage the article on "*Cold in the Head, Coryza.*" *Cold* in the *head* and *chest*, at first, more often affects, in a marked degree, the mucous, membranous lining of the nostrils and frontal sinuses, than it does that of the throat, windpipe, and air-tubes.

Dietetic and Hygienic.—The patient ought to abstain from animal food, and from wines, spirits, beer, coffee, etc. He should, as much as possible, remain at home, in an equal and warm temperature, as long as there is much fever. A warm hip-bath, or a hot foot-bath, is an excellent auxiliary at bedtime, to the promotion of a healthy action of the skin. Perspiration is assisted by drinking freely of cold water, in bed, after the bath.

Medicinal Treatment.—In making choice of the medicine homœopathic to this troublesome, although minor affection (spoken of, by an eminent allopathic authority, as the opprobrium of the profession), advantage should be taken of a knowledge of the stage of the catarrh—whether it is in the incipient or prefebrile period, or in that of fever; or whether it is in that succeeding the last named. That it is desirable to bear this in mind, is so for the reason that, taken in the aggregate, a large number of medicines are suited to this complaint, and but few are required during the first two stages.

For the *premonitory* or *prefebrile stage*, consult *Camphor*, *Nux Vomica*, *Pulsatilla*, *Mercurius*, *Dulcamara*; and see, also, “*Cold in the Head*.”

For the *febrile stage*, see *Aconitum Napellus*, and also at all times when there is a return of the fever. Thereafter consult the above and the remaining remedies. See, further, the articles on “*Bronchitis*” and “*Cough*.”

Premonitory Stage.

Camphor is often sufficient for the incipient stage of catarrh. The smelling, or the taking internally, of *Camphor*, immediately after getting wet, is often sufficient to prevent a cold of the head and chest; it is, of course, necessary that the wet should be replaced by dry clothes. The symptoms are,—a feeling of coldness, shivering, uneasiness, and general malaise.

DOSE.—The *Camphor* needed is the strong tincture (homœopathic preparation). It may be taken by olfaction (smelling, inspiring), and internally. **Olfaction.**—Put the phial of *Camphor* to the nostrils, forcibly expire, then close the mouth, and take a deep inspiration through the nostrils; repeat at intervals of five minutes. **Internal Administration.**—One drop of the above-mentioned *Tincture of Camphor*, upon a small lump of loaf-sugar. Repeat at intervals of half an hour (twice), then of an hour (twice), then of two hours (two to four times). If, however, the symptoms get worse, choose, after the lapse of eight or ten hours, a medicine homœopathic to the symptoms.

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Bel-ladonna*, *Bryonia*, *Carbo Vegetabilis*, *Chamomilla*, *Dulcamara*, *Euphrasia*, *Hepar Sulphuris*, *Ipeca-*

cuanha, Lachesis, Lycopodium, Mercurius, Nux Vomica, Phosphorus, Pulsatilla, Rhus Toxicodendron, Sulphur.

Aconitum Napellus, for the initiatory fever; chills and shivering, followed by burning heats; the skin dry and hot; the pulse quick and hard; the breathing quick; the tongue dry and coated; much thirst; great restlessness, especially towards night.

Aconite is very useful, as an intermediate remedy in the evening, for the last-mentioned symptom. All the symptoms of an ordinary catarrh are, however, in almost all cases, aggravated towards night; and, even after the subsidence of the chills and heats, in the third stage of the catarrh, an occasional dose of *Aconite* may be required. The head feels stopped up, and there may be at the same time a watery running from the nose.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat at intervals of three hours, two, three, or four times. *Infants*: A teaspoonful of the above mixture, or one or two globules on the tongue.

Arsenicum, for cold in the head, on the chest, and in influenza. There is a burning, excoriating discharge from the head, with frequent sneezing. The tongue is dry and parched. The windpipe is dry and burning; and there is a burning soreness in the chest. The cough is worse at night, and is excited by drinking cold water.

DOSE.—Dissolve six globules, four pilules, or two drops of the

tincture, in three tablespoonfuls of water, and take one tablespoonful for a dose every four or six hours. Repeat, if necessary, three times.

Belladonna is indicated if the throat be sore and inflamed; or if there be headache, with the face flushed. A tickling at the pit of the throat causes a dry spasmodic cough. The voice may be affected, and be hoarse, shrill, and rough, or it may be lost. *Belladonna* is indicated by a salt tasting and smelling discharge from the head; this may be from one nostril only.

DOSE.—Same as for *Arsenicum*. Repeat similarly.

Bryonia is a useful remedy for catarrh, in individuals of rheumatic and bilious habit of body. The head is dry and stopped up, the voice is hoarse, and there are pains in the neighbourhood of the windpipe. Dry cough; or a cough with difficult expectoration, of thick phlegm, perhaps streaked with blood. Stitching pains, like those of pleurisy, whilst coughing.

DOSE.—Same as for *Aconite*. Repeat every three, four, or six hours, according to the severity of the attack and its amelioration.

Carbo Vegetabilis, for a severe attack of catarrh, especially characterized by hoarseness. The head is stopped up; there is sore throat, as though it were swelled internally, with *burning* soreness and scraping; continual hoarseness and roughness of the voice, or only in the morning and evening,

worse from talking; cough, with burning in the chest.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours.

Chamomilla.—Especially in children and females. External coldness and internal heat; feverish heat with flushed cheeks, or one cheek flushed and the other pale; great restlessness and sleeplessness; extreme nervousness and irritability; catarrh, with hoarseness from tenacious phlegm in the windpipe; oppressed feeling of the chest, as from wind. Wheezing and rattling respiration; the head may be stopped up, or there may be a mucous discharge; there may be, lastly, a somewhat suffocating cough, from tickling in the chest.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours, according to the severity of the symptoms. *Infants*: One or two teaspoonfuls of the above mixture.

Dulcamara is a very useful remedy for cold in the head and chest, characterized by—a feeling of being chilled and cold, even by the fire; headache; stoppage of the nostrils, worse out of doors (this is a characteristic of *Dulcamara*—renewal or aggravation of the catarrh by exposure); moist cough; catarrh with hoarseness, after catching cold. Lastly, the catarrh may attack, simultaneously, the intestines, causing diarrhoea, with much phlegm.

DOSE.—See *Chamomilla*. Repeat in a similar manner.

Euphrasia, especially in those cases of catarrh

where the eyes are affected, in a marked manner, with redness, smarting, and a profuse flow of tears. There is a cough in the morning, with a profuse discharge of water and phlegm from the head and chest.

DOSE.—Same as for *Chamomilla*. Repeat every four hours.

Hepar Sulphuris, in cases where there are,—shivering, chiefly in the open air; profuse flow of tears, with sticking together of the eyelids at night; a profuse flow of saliva, with feverishness; scraping in the throat; loss of taste. The catarrh affects one side only.

DOSE.—Same as for *Arsenicum*. Repeat after an interval of four, and afterwards of five and six hours.

Ipecacuanha, in cases where the head symptoms are subordinate to those of the chest (see "*Cough*," and "*Bronchitis*"). Shivering, with cold face and limbs; before the shivering, a feeling of uncomfortableness, and an indisposition to move; thirst during the cold stage, and at the same time profuse sweating of the forehead, hands, and feet. The fever has an intermittent character, returning at regular intervals. Violent cough, with nausea and vomiting, and a sense of suffocation.

DOSE.—Same as for *Chamomilla*. Repeat every three or four hours.

Lachesis, for coldness all over and chilliness, with a desire to be close to the fire; constant cold in the head, at night. Sore throat, through to the ears;

sense of a swelling, or plug, or ball in the throat; with difficulty of swallowing; and liquids, perhaps, returning by the nostrils.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours.

Lycopodium, for headache, with pain as from a nail being driven in, or tearing pain, aggravated by the recumbent position; cold in the head, dry or running, worse at night; great sensitiveness of smell; chronic cold of the head and chest; constipation. The symptoms are worse at night. *Lycopodium* follows well after *Pulsatilla*.

DOSE.—Same as for *Aconite*. Repeat every six hours.

Mercurius is indicated by a profuse discharge from the nostrils, with inflammation, redness, sore-rawness, and swelling of them; and by a profuse flow of saliva in the mouth. Frequent sneezing, more marked in going out of the cold into a warm room. All the symptoms are aggravated by warmth, at the same time that the patient is very susceptible to cold. Profuse perspirations at night, without relief.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours.

Nux Vomica, if the head feels stopped up, or if there be a running from the nose in the morning, and an obstruction in the evening; hoarseness; pain and heaviness in the forehead; irritable impatience; constant drowsiness, or sleepiness on waking, the patient feeling unrefreshed by the

night's sleep, which has been heavy or full of dreams; confined bowels.

DOSE.—Same as for *Aconitum Napellus*. Repeat every three, four, or six hours, two to four times.

Phosphorus is not much needed in this affection. If it be, it is so more often in the case of consumptive patients; or of those who have a continual greenish offensive discharge from the nose, resembling that from a polypus of the nose.

DOSE.—See *Arsenicum*. Repeat every four or six hours.

Pulsatilla, for a discharge of thick, yellowish, and offensive mucus from the nose, and sometimes of yellow mucus from the eyes. The head feels heavy and confused. Loss of appetite and smell. There may be a loose cough, and a slight pain in the chest. Symptoms are worse in the evening, and towards midnight. Women, children, and all of a lymphatic temperament, disposed to tears, and to the secretion of watery mucous discharges (*e.g.* leucorrhœa of females).

DOSE. — Same as for *Aconite*, repeating as for *Nux Vomica*.

Rhus Toxicodendron may be of service for the catarrh of rheumatic individuals, after *Bryonia* has failed to ameliorate the symptoms. Pains felt in the limbs should correspond to those indicative of *Rhus* (see "*Materia Medica*"). For supposed cases of catarrh, where the fever is of a low type, and the patient is doubtful as to its

being a catarrh or a threatening attack of typhoid fever.

DOSE.—See *Arsenicum*. Repeat three times, at four, five, and six hour intervals.

Sulphur, for chronic catarrh of the head, and a disposition to it; brought on by the least exposure to cold or damp. *Sulphur* follows well after *Nux Vomica*, similarly to *Lycopodium* after *Pulsatilla*.

DOSE.—See *Aconite*. Repeat every six hours.

INFLUENZA.

General Remarks.—This complaint is an epidemic cold, or catarrh. The depression consequent upon the fever is much greater in influenza than in the common catarrh. The symptoms of influenza vary greatly in different epidemics.

Symptoms.—In addition to the ordinary symptoms of catarrhal fever, and common cold in the head, there is extreme depression and lassitude; fever not very high, yet with profuse and disagreeable sweats, which produce great exhaustion; moist and furred tongue; frequent nausea and sickness; violent headache, especially in the forehead, extending to the eyes and facial bones, giddiness, pains in the ears; and often there are severe rheumatic pains. The symptoms are much more severe for

the first twenty-four or forty-eight hours than subsequently.

TREATMENT.

Diet.—This should be light and simply nutritious, consisting of beef-tea, and light boiled puddings (sago, arrowroot, etc.). After the first attack of fever has passed, the patient may eat some boiled white fish.

Concentrated Tincture of Camphor.

Camphor, taken internally or by olfaction, is often sufficient to arrest this complaint in its initiatory period.

DOSE (Internal Administration).—One drop of the *Concentrated Tincture of Camphor*, upon a small piece of loaf-sugar. Repeat, if relief be afforded, at intervals of one, two, and three hours.

(Olfaction).—Close the mouth and right nostril, then apply the *Camphor* phial to the left nostril, and take a *deep inspiration*; then take one similarly through the right nostril.

Remedies.—*Aconitum Napellus*, *Arsenicum*, *Beladonna*, *Bryonia*, *Carbo Vegetabilis*, *China*, *Hyosciamus*, *Ipecacuanha*, *Mercurius*, *Nux Vomica*, *Opium*, *Phosphorus*, *Pulsatilla*, *Rhus Toxicodendron*, *Sulphur*.

Aconitum Napellus, at the commencement, for inflammatory fever, quick pulse, dry, burning hot skin, and a hard, dry cough (compare *Arsenicum*).

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours, three or four times.

Arsenicum, for symptoms worse at night, or after a meal. The patient suffers from great prostration of strength, and has a watery, burning, acrid discharge from the nostrils; oppression of the chest, with difficulty of breathing, and a foul and coated tongue.

The low type and the depressing influence of the fever, in an attack of *Influenza*, is eminently indicative of this remedy, and of another noticed subsequently (*Rhus Toxicodendron*).

DOSE.—See *Belladonna*. Repeat every four or six hours, two or three times, if relief be afforded.

Belladonna, in cases where the active inflammatory symptoms have succumbed to the action of *Aconite*, and there remains a dry spasmodic cough, and an intense pain in the head; and at the same time the patient complains of the dryness of his tongue and throat.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water, and take one dessertspoonful for a dose. Repeat every four or six hours, if relief be afforded.

Bryonia may be taken in alternation with *Aconite*, or it may follow that remedy, during the inflammatory stage of this affection, if there be a violent, racking cough, with no, or little and difficult, expectoration; the cough is accompanied by, and causes, a pain in the chest or side, commonly spoken of as a stitch; the expectoration is yellowish,

thick, and tenacious, and it is sometimes blood-streaked.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours, or alternately, every other three or four hours, with *Aconite*.

Mercurius, for influenza, accompanied by profuse night sweats affording no relief; pains in the bones; sore, ulcerated throat; and slimy, or bilious diarrhoea; the diarrhoea may consist of bloody phlegm and water, like the evacuations during an attack of dysentery, with ineffectual and painful straining efforts at stool, and burning at the fundament.

DOSE.—Same as for *Aconite*. Repeat every four or six hours, three or four times.

Nux Vomica, in an early stage, when the symptoms more resemble a common catarrh than "*Influenza*." See "*Catarrh*," "*Cold in the Head*."

DOSE.—See *Aconite*. Repeat every four or six hours, three times.

Opium gives relief in some cases where *Bryonia*, *Belladonna*, and *Nux Vomica* fail to afford any. There is, at the same time, complete inactivity of the bowels. The face is red and bloated, especially during, and after, a paroxysm of coughing.

DOSE.—The same as for *Belladonna*. Repeat after an interval of six hours.

Phosphorus is required in cases where the inflammation threatens the lung tissue. The chest feels weak and oppressed, and there is a pain in

the side, felt at other times than during the cough paroxysm. The patient cannot take a deep inspiration.

DOSE.—See *Belladonna*. Repeat after an interval of six hours.

Pulsatilla may be taken in alternation with *Mercurius*, or it may precede or follow that remedy. The cough is loose, and there is a good deal of thick yellow phlegm. In cases where the temperament of the patient indicates this remedy rather than *Nux Vomica*.

Rhus Toxicodendron may be administered in cases where *Bryonia* fails to relieve the symptoms; or it may be taken in alternation with that remedy. The patient is much exhausted by the low character of the accompanying fever.

DOSE.—Same as for *Aconite*. Repeat every six hours, or on alternate four hours with *Bryonia*.

Sulphur.—A few doses of this remedy may be advantageously administered at the termination of the active period of this affection. There are pricking pains in, and general weakness of, the chest.

DOSE.—See *Belladonna*. Repeat every morning and evening, for four days.

COUGH.

General Remarks.—The act of coughing is one of forcible expiration, and it is caused in various ways; thus, the irritation of mucus (phlegm) in the air-tubes, or windpipe, gives rise to it, or it is sympathetic with the state of the stomach. For cough in recognised affections, as croup, whooping-cough, bronchitis, and influenza, consult their respective articles. The act of coughing is only a symptom, but the word being commonly applied to certain states, is here used as being descriptive of them. The two conditions alluded to are,—cough following upon a cold on the chest, or catarrhal cough, and the spasmodic or nervous cough. See, further, the articles upon,—“*Catarrh, Common Cold in the Head and Chest;*” “*Bronchitis;*” “*Worms,*” etc.

TREATMENT.

Diet and Hygiene.—The diet should be light and not stimulating; more especially if there be any fever, in which case the patient should eat sparingly of animal food. The daily use of the cold sponge-bath, and the taking of open-air exercise, are certainly preventive of this affection.

If the reader fear the cold sponge-bath, or find it difficult to procure reaction after its use, he had

better confine the application of cold water to his chest and throat.

If there be much soreness of the chest (upper part, under the breast-bone, *i.e.* *sternum*), apply a wet compress at night, and cover with oiled silk.

Remedies. — *Aconitum Napellus*, *Antimonium Tartaricum*, *Arsenicum*, *Belladonna*, *Bryonia*, *Carbo Vegetabilis*, *Chamomilla*, *Cina*, *Cuprum*, *Dulcamara*, *Hepar Sulphuris*, *Hyosciamus*, *Ignatia*, *Ipecacuanha*, *Lachesis*, *Mercurius*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Rhus Toxicodendron*, *Spongia*.

Aconitum Napellus is suited to a hard, dry cough, with inflammatory fever. The patient feels worse at and towards night, is very restless, and tender to touch; and has, in addition, shiverings followed by burning heats; flushed face; headache; thirst; dark, thick, scanty urine, and confined bowels.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three hours.

Antimonium Tartaricum is suited to a cough with an accumulation of mucus in the bronchial tubes, with wheezing, and an inability to lie down in bed. The cough is often worse whilst lying down, or on first attempting to lie down, and comes on in paroxysms. There is, in addition, great difficulty of respiration, to the extent, even, during a paroxysm, of a complete stoppage of breath, with livid, sunken, anxious countenance, and blue

circles round the eyes, blue lips, etc. ; the whole of the symptoms are relieved by the expectoration of a quantity of mucus. *Antimonium Tartaricum* is especially suited to the cough of infants and of aged persons.

DOSE.—See *Aconitum Napellus*. Repeat every three, four, or six hours, according to the severity of the symptoms.

Arsenicum is indicated in cases of cough accompanied by—great prostration ; cold, clammy, weakening perspiration ; foul, dark-coated, dry, burning tongue, and dry, hot mouth ; burning heat ; hot, even burning hot, generally scanty, but sometimes copious, thick, and dark urine ; and by many other symptoms. *The cough comes on* chiefly at night, and in the evening after lying down, and on rising early in the morning ; *it is made worse* by eating (dinner), by other people talking, by sitting, and by lying down ; *it is relieved* by walking about, especially at night, and by applying warmth to the chest. The cough is dry, short, and hacking, with burning soreness, as though the inside of the chest were raw, from the pit of the stomach up the chest, and difficult expectoration of sticky phlegm ; also expectoration of bloody phlegm. During the cough, a stoppage of the breath, as from suffocation ; nausea ; waterbrash ; heat in the head, etc. *Arsenicum* is especially indicated, like *Ipecacuanha*, in coughs which return in paroxysms at regular intervals.

DOSE.—Dissolve six globules, four pilules, or two drops of the

tincture, in three dessertspoonfuls of water, and give a dessertspoonful for a dose. Repeat every four or six hours, two, three, or four times, if benefit be received.

Belladonna is suited to a spasmodic or nervous cough, interfering with the breathing caused by tickling in the pit of the throat, as if dust had been swallowed; or the cough is dry, the throat sore, and there is a desire for cold drinks. Sensation as of a cold on the chest, continually exciting a dry cough. *Belladonna* is particularly indicated for the spasmodic, dry cough of children and females, and of plethoric persons, inclined to *embonpoint* and to erysipelatous inflammation of the skin, and to enlargements of the glandular system.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours.

Bryonia is often indicated, after the fever has been subdued by *Aconite*. The cough is hard and dry, or, latterly, with yellow, often blood-streaked, expectoration, accompanied by pain whilst coughing, in the sides and between the shoulders. Pain or stitch in the side, or on any portion of the chest, requiring *Bryonia*, is only felt whilst, and immediately after, coughing and moving; if the pain be constant, see the pathogenesis of *Phosphorus*, *Antimonium Tartaricum*, etc., or, still better, consult a homœopathic practitioner. Rheumatic pains, made worse by motion, are a further indication for *Bryonia*. All the symptoms are made worse by motion or touch, and are so at night, about nine

o'clock P.M., on waking from sleep, and after a meal. Rest affords relief.

DOSE.—See *Aconite*. Repeat every four hours.

Carbo Vegetabilis is indicated in cases where the cough is caused by inflammatory soreness of the lining mucous membrane of the throat and windpipe (and of the latter's first divisions), with hoarseness. Cough from the least chill, on getting up in the morning, or on going into a cold room. Cough with retching, as though excited by sulphureous vapour. Constant burning, as from a live coal, in the chest. Constrictive tightness of the chest, with difficult respiration.

DOSE.—Same as for *Arsenicum*. Repeat every four or six hours, if relief be afforded.

Chamomilla, for the cough of infants and females, before the employment of *Belladonna*. Catarrhal cough, after a cold in the head and chest, or after measles. Cough accompanied by hoarseness, with soreness and rattling of phlegm in the windpipe, with wheezing.

DOSE.—*Adults*: Same as for *Aconite*. Repeat every four hours; and at a later period, when the symptoms are ameliorated, at intervals of six hours. *Infants*: A teaspoonful of the mixture ordered for an adult.

Cina is indicated if the patient have worms, pick his nose, and itch posteriorly. The cough, and the other symptoms indicative of the irritating presence of worms, are worse in the morning and evening; or they come on at night. The cough

is preceded by the appearance of a convulsion or fit.

DOSE.—*Adults*: Same as for *Aconitum Napellus*. Repeat three times, daily, for four days. *Infants*: A teaspoonful of the mixture directed for an adult. Repeat in like manner.

Cuprum, for violent cough, with spasm of the chest, and stoppage of the breath, as in a paroxysm of spasmodic asthma.

DOSE.—See *Arsenicum*. See, further, "*Asthma*."

Dulcamara is indicated for cough from exposure to cold and damp, of a catarrhal origin. The cough is loose, and there is a profuse expectoration of phlegm. Short, troublesome cough, excited by taking a full inspiration. The symptoms come on principally at night, and are relieved by moving about.

DOSE.—*Adults*: Same as for *Aconite*. Repeat every four hours. *Infants*: A teaspoonful of the above mixture.

Hepar Sulphuris may be employed, with advantage, for the cough of *chronic bronchitis*;—violent fits of dry coughing, caused by tickling in the smallest air-tubes; shortness of breath and retching; painful wheezing, breathing, with, whilst in the recumbent position, danger of suffocation. Other symptoms are—hoarseness, and boring pain in one half of the head.

DOSE.—Same as for *Aconite*. Repeat every four or six hours, according to the severity of the symptoms.

Hyosciamus is principally adapted to the cough of nervous and hysterical females, perhaps in con-

junction with a deranged condition of the monthly period. The cough is dry and spasmodic, continuous, and worse at night, with laboured respiration. There is dryness of the back of the mouth and of the windpipe.

DOSE.—Same as for *Aconite*. Repeat every six hours, or, in alternation with another remedy, every other four hours.

Ignatia, for a nervous irritation at the pit of the throat, even amounting to a sensation of dust being lodged there, exciting to cough; without relief, however, or with aggravation. A constrictive, choking sensation at the pit of the throat, as from sulphureous acid fumes, exciting to cough. The choking feeling may resemble that of an ascending ball or plug in the throat, with a desire to swallow; this is often felt during deep affliction, and by hysterical females (see "*Affections of the Head*").

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in two dessertspoonfuls of water, and take one dessertspoonful for a dose. Repeat after an interval of four hours.

Ipecacuanha is suited to the cough of children, with a sense of suffocation from an accumulation of mucus in the chest. The patient is almost convulsed by the cough, his face becomes livid, and he retches violently; hence *Ipecacuanha* is a valuable remedy in the spasmodic stage of whooping-cough. Cough, with violent retching and straining, and expectoration of blood. The cough may be accompanied by a desire, caused by a feeling of

pressure at the bladder, to pass the urine, but without effect.

DOSE.—See *Aconitum Napellus*. Repeat every three or four hours, or alternately, every three or four hours, with *Bryonia*.

Lachesis, for a short, hacking, tickling, or teasing, tiring cough, or a violent shaking cough. The cough is excited by—the presence of ulcers in the throat; and by touching or pressing upon, or by tickling in, the larynx (organ of voice). Other symptoms indicative of *Lachesis* are—hoarseness; swelling, soreness; feeling of constriction about the larynx and throat; also those of a deranged state of the liver and stomach. *Lachesis* may be employed after *Nux Vomica*.

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

Mercurius is an important remedy for the cough accompanying, or following, a catarrh of the head and chest, with hoarseness, or even almost complete loss of voice. In addition to the cough,—the throat may feel sore, or even be ulcerated, and there may be a foul taste in the mouth, and a copious flow of saliva; the patient perspires profusely at night, but without relief, and he feels worse when warm in bed. The cough is dry, or moist, painful, or tearing. The expectoration varies greatly, and is salt, sweet, or bloody.

DOSE.—See *Aconite*. Repeat every four or six hours, according to the severity of the symptoms, three to six times.

Nux Vomica is indicated if the cough be conse-

quent upon gastric derangement, with confined bowels, and fulness and burning at the pit of the stomach. In dark, hypochondriacal, irritable individuals. The cough is a dry, shaking, spasmodic one, with soreness in the pit of the throat or stomach, or spasm in the latter situation.

DOSE.—See *Aconitum Napellus*. Repeat every four or six hours.

Phosphorus is one of the most valuable remedies, in the homœopathic materia medica, for the cough in long-standing bronchitis, pneumonia (inflammation of the lung-substance), and in the early stages of consumption. Cases requiring *Phosphorus* are seldom amenable to domestic treatment; for the reason that a mere enumeration of the symptoms of the chest (cough, expectoration, pains in, etc.) is not sufficient to the correct choice of a remedy, or to a knowledge of the state of advancement of the disease; in these cases a physical examination of the chest, by means of percussion and by the use of the stethoscope, is absolutely required. For the symptoms of *Phosphorus*, see the “*Materia Medica*,” at the end of this work—article *Phosphorus*.

Pulsatilla may give relief to cough affecting individuals of lymphatic temperament, of fair complexion, light hair, blue eyes—generally females, if it be a symptom of any disease to which it is homœopathic, *e.g.* measles, hysteria from deranged or suppressed menstruation, etc. The cough comes on chiefly towards night, or it is worse then, and

may be preceded by the symptoms of a paroxysm of asthma,—a feeling of suffocation, as though unable to draw a breath, with cold sweat on the forehead; these symptoms are relieved by the expectoration, after coughing, of mucus.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water. Take one spoonful for a dose, every four or six hours.

Rhus Toxicodendron is indicated by a dry short cough at and towards night, from tickling in the chest, with difficult, short breathing, as though the chest were constricted, and with pains in the head; relieved by moving about and by warmth, made worse by cold. Also—cough, with running from the head, expectoration of mucus, and hoarseness, from roughness and scraping in the windpipe and chest.

DOSE.—Same as for *Aconite*. Repeat every six hours.

Spongia, for cough proceeding from the larynx (organ of voice) and upper portion of the windpipe; very violent shaking cough, with cold in the head, and hoarseness, with sore, burning, scraping, and choking feeling in the larynx. Croup (see Croup).

DOSE.—Same as for *Aconite*. Repeat every four or six hours.

BRONCHITIS.

*Inflammation of the Mucous Membrane lining the Air
(Bronchial) Tubes. Catarrh of the Chest.*

BRONCHITIS is, for several reasons, a disease of great importance. In the *first* place, it is a complaint which is met with very commonly at certain seasons in this country. *Secondly*, it is a disease which may terminate fatally. *Thirdly*, bronchitis is, if it be neglected or badly treated, very often fatal, although, under more favourable circumstances, it would be easily cured. *Lastly*, a great difficulty often exists in recognising bronchitis, or in not mistaking some other complaint for it. As homœopathic advice is not always available, the symptoms and treatment of this disease are given below. Professional advice should, however, be sought, if only on account of the benefit to be derived from an examination of the chest (auscultation).

Symptoms.—These are, at first, those of a common cold (catarrhal fever). The febrile symptoms continue, gradually diminishing in severity, until the cough becomes loose and the expectoration copious. The expectoration is at first frothy, but afterwards it becomes dark (yellowish green), thick, and purulent; it is often streaked with blood. Whilst the fever continues, the urine is dark, often

thick, and deficient in quantity. There are pains of more or less severity in the chest, forehead, and eyes; these are brought on, or are aggravated, by coughing.

TREATMENT.

Diet.—Whilst there is fever the patient should avoid all animal food. The violence of a cough-paroxysm is moderated by the sipping of gum-water, toast and water, and cold water. Children like water thickened with a little currant jam or jelly.

Hygiene.—See "*Cough.*" If the cough be rack-ing and dry, apply a warm, wet compress to the chest, renewing it as often as it gets dry.

Remedies. — *Aconitum Napellus*, *Antimonium Tartaricum*, *Arsenicum*, *Belladonna*, *Bryonia*, *Carbo Vegetabilis*, *Chamomilla*, *Cina*, *Drosera*, *Hyosciamus*, *Ipecacuanha*, *Mercurius*, *Nux Vomica*, *Phosphorus*, *Pulsatilla*, *Rhus Toxicodendron*, *Sulphur*.

Aconitum Napellus is always required in the early inflammatory stage of this complaint, and during its progress, if there be any return of the fever.

Aconite should then be given, in cases where the following symptoms are present:—The skin is hot and dry; the face is flushed, or one cheek is red and the other pale; there is much thirst; the pulse is hard and quick; there is a tearing, short, hard cough, without expectoration, caused by tickling in the windpipe and chest, or the cough is more

violent, with a little white, even bloody, expectoration; the breathing is laboured and quick; there is headache, with burning of the forehead; anxiety. The symptoms are worse towards night. The chief signs of amelioration are,—the skin becomes moist, the cough loose, the breathing easier, and the amelioration of the other symptoms.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a tablespoonful of water. Repeat every three or four hours. *Aconite* is especially required towards night.

Antimonium Tartaricum is suited to a loose cough, with copious expectoration. The patient cannot lie down in bed from fear of suffocation. *Ant. Tart.* is especially suited to the bronchitis of infants and the aged.

DOSE.—Same as for *Aconite*. Repeat every three, four, or six hours, according to the severity of the attack.

Arsenicum is indicated if there be a cough without expectoration, excited by drinking, and on going into the open air. Burning pain in the windpipe, and in the chest. Sensation of constriction of the chest. Cough resembling that caused by sulphureous acid gas (the product of burning brimstone).

DOSE.—Same as for *Aconite*. Repeat after an interval of six hours.

Belladonna, for, chiefly, a dry cough, with tickling at the pit of the throat, with headache and flushed face. Dry spasmodic cough, after twelve

at night, with retching. Feeling of constriction of the throat.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and take a dessert-spoonful, every three and four hours, of the mixture.

Bryonia. — This remedy is indicated by the under-mentioned symptoms, more especially when the special characteristics of this drug are present ; these latter are,—the pains being made worse by motion, as by turning over in bed, by moving the arms, or by moving the head ; by sensitiveness to touch ; by taking a deep breath ; by coughing ; by eating ; or by drinking.

The symptoms of *Bry.* are,— a hard dry cough, as if from a tickling in the pit of the stomach ; dry cough, with retching or vomiting ; violent cough before rising in the morning, with much expectoration ; cough, with expectoration of thick mucus, which may be streaked with blood ; oppressed breathing, with pain in the chest. If there be great pain (*i.e.* stitch) in the chest, increased by any movement, with laboured breathing, it is better to at once procure advice.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four hours.

Carbo Vegetabilis, for a hoarse cough, with chronic hoarseness, after a sore throat. The hoarseness is aggravated by talking and by damp weather.

DOSE.—See *Aconite*. Repeat every six hours.

Chamomilla, in cases where there is a continual

tickling in the throat and chest, exciting to cough, and hoarseness. The cough of children, after crying or a fit of passion. It is relieved by warmth, as by that of the bed. Paroxysms of coughing after twelve at night.

DOSE.—*Adults*: See *Aconite*. *Infants*: A teaspoonful of an adult's dose. Repeat every three or four hours, according to the severity of the attack.

Cina, for a dry cough, with spasm of the chest, which has taken a chronic form. More or less fever, pale face, and livid circles round the eyes. *Cina* is, especially, indicated in bronchitis, generally chronic, excited by worms (see "*Whooping-Cough*," "*Worms*," etc.

DOSE.—*Adults*: See *Aconite*. *Infants*: A teaspoonful of the dose mixed for an adult, every four or six hours. Two teaspoonfuls for a child of two years.

Drosera, for a violent dry cough, with retching (see "*Whooping-Cough*"), and bleeding from the nose. Also for a chronic, troublesome cough, after the measles.

DOSE.—Same as for *Belladonna*. Repeat in a like manner. In very severe paroxysms, give a teaspoonful of the above-described mixture, every half-hour, three times.

Hyosciamus, in cases where *Belladonna* fails to afford relief. A dry, irritating, spasmodic cough, especially at night, excited or aggravated by lying down. For spasmodic dry cough, remaining after an attack of influenza. The dry cough of hysterical females.

DOSE.—Same as for *Belladonna*. Repeat in a similar manner.

Ipecacuanha is suited when the mucus accumulated in the bronchial tubes almost causes suffocation; or for cough, suffocating and spasmodic, with the body convulsed and the face blue. The cough is often accompanied by violent retching and vomiting. *Ipec.* is especially suited to the cough of children.

DOSE.—*Adults*: Same as for *Aconite*. Repeat every three or four hours. *Infants*: A teaspoonful of the adult's dose.

Mercurius is indicated, in chronic bronchitis, by fits of coughing, especially during the night, with coldness and difficulty of breathing. Sore, or burning, pain in the chest, worse whilst coughing; this is a consequence of the ulceration of the mucous lining of the air-passages; the coughing up of bloody, sweetish, or salt-tasting phlegm; profuse flow of saliva in the mouth, and unrelieving night-sweats, are additional manifestations.

DOSE.—Similarly to *Aconite*. Repeat three times, at intervals of four hours; if, then, *Mercurius* continue to be indicated, every six hours.

Nux Vomica is useful in cases where the cough is subordinate to the state of the stomach. There is difficulty of breathing, a weak digestion, an irritable disposition, a hæmorrhoidal temperament, and a constipated habit of body. See, further, the article on "*Asthma*."

DOSE.—See *Aconite*. Repeat in like manner to *Mercurius*.

Phosphorus, for a dry cough from tickling in the throat, or chest. Dry, shaking cough, as though

the skull were about to fly to pieces. The cough is excited by lying on the left side. Pain in the left side, at other times than whilst coughing (see *Bryonia*).

DOSE.—Same as for *Belladonna*. Repeat, after intervals of four hours, three times; and seek professional assistance.

Pulsatilla is indicated if the bronchitis follow or accompany some other affection—measles, chicken-pox, etc., or a deranged state (*e.g.* suppression) of the menstrual period. Cough at night, relieved by sitting up. Yellowish expectoration, also with clots of blood. The temperament of the patient (generally a female) should correspond to that to which *Pulsatilla* is suited.

DOSE.—Same as for *Aconite*. Repeat every four hours, three times.

Rhus Toxicodendron is a useful remedy, generally after, or in alternation with, *Bryonia*, for the bronchitis and cough of rheumatic individuals, and for the cough of typhus (*Typhus pulmonalis*). The patient is relieved by movement and by warmth. Foul taste and tongue.

DOSE.—See *Aconite*. Repeat every four or six hours, according to the severity of the symptoms; or on alternate three or four hours with *Bryonia*.

Sulphur, for cough with rough deep hoarseness; dry cough, worse when lying down in the evening and at night. Cough, with raw feeling of the windpipe, and expectoration of thick phlegm.

DOSE.—Same as for *Aconite*. Repeat every six hours.

HOOPING-COUGH.

General Remarks.—Hooping-cough is both epidemic and contagious, and is most prevalent in the spring and autumn. It very seldom attacks the same individual more than once. Adults are less frequently attacked, by this complaint, than children, in whom it more often occurs prior to the seventh year. If later, it is seldom after the twelfth.

Hooping-cough, unchecked in its course, or treated allopathically, generally lasts for from six to twelve months; fortunately, however, it is far more amenable to homœopathic treatment.

Hooping-cough is far more amenable to successful treatment, if the little patient be confined to the house, except in the third stage, and if, at the same time, the weather be warm and genial.

Symptoms.—Hooping-cough has three stages, which, however, especially the second and third, merge imperceptibly the one into the other. The first is the catarrhal, or febrile stage. The second is the spasmodic, or whooping stage. The third is best described as the convalescent stage. The catarrhal stage resembles, and to every intent is, a catarrh of the head and chest. See "*The First Stage*," below. The second stage, and its treatment, is next described, and, afterwards, the third stage, which is a return to the initiatory stage, without, however, the fever.

*The First Stage.**(Catarrhal or Febrile Stage.)*

Symptoms.—Symptoms of a common cold; heats and chills; sneezing; running from, or dryness of, the head; inflammation of the eyes, with much sensitiveness to the light; increased flow of tears; tickling in the throat, with cough; hoarseness. Headache, heaviness in the head, pains in the head; touchy, irritable disposition; restlessness and wakefulness, or drowsiness. Lastly, in the early part of this stage the urine is dark and thick, hot and scanty. This period lasts for from three days to as many weeks.

TREATMENT.

Diet and Hygiene.—This is the same as for a common cold or cough. See, further, “*Catarrh*,” “*Cough*,” “*Fever*,” etc.

Remedies.—*Aconitum Napellus*, *Dulcamara*, *Ipecacuanha*, *Nux Vomica*, *Pulsatilla*.

Aconitum Napellus, for symptoms of fever; chills followed by heats; dry burning skin; confined bowels; scanty, red, or very dark yellow, urine, depositing a sediment on standing; dryness of the mouth, and furred or yellow-coated tongue; great thirst; headache. Restlessness at night, with dreams, and a hard, dry, painful cough; a

short dry cough, with a burning tickling in the windpipe.

DOSE.—*Children*: One or two globules, or one pilule, dissolved in a teaspoonful of water (infants half the teaspoonful). *Adults*: Three globules, or two pilules, in a little water. Repeat every three hours.

Dulcamara, especially after a chill, or exposure to wet, by which the patient is too easily affected. The cough is, from the beginning, loose, and the expectoration easy and copious. The cough may be coincident with the sudden disappearance of a rash, or of a running tettery eruption; still it may be suspected, by the child's parents, to be of the nature of whooping-cough.

DOSE.—See *Aconite*. Repeat every three, four, or six hours.

Ipecacuanha.—At the close of the first stage, *Ipecacuanha* is of great value; the cough is violent and convulsive, and the child appears to be nearly suffocated. The face turns blue, and looks bloated. *Ipecacuanha* may be alternated, advantageously, with *Nux Vomica* or *Bryonia*. It is especially useful, in connexion with the last-named remedy, in cases preserving throughout a catarrhal character. See, further, the articles on "*Cough*" and on "*Bronchitis*."

DOSE.—Same as for *Aconite*. Repeat every three or four hours.

Nux Vomica, for the cough, like the last-mentioned remedy, at the end of the first stage. The cough is dry, is excited by a tickling in the windpipe, and occurs after midnight, about three or

four o'clock. *Nux Vomica* is best given late in the evening, or at bedtime. *Nux Vomica* is also useful, for the catarrhal symptoms, at a still earlier period, —these are worse in the morning, and are accompanied by a constipated state of the bowels.

DOSE.—Same as for *Aconite*. At bedtime, or, alternately with *Ipecacuanha*, every other three or four hours.

Pulsatilla is indicated at the commencement, immediately after the subsidence of the fever, under the use of *Aconite*; the cough is loose; the digestive organs are affected; there is vomiting of food, or phlegm, after coughing, and, occasionally, slimy diarrhoea. The symptoms, at the beginning, may be those of a cold in the head; the head is stopped up with thick, yellow phlegm; loss of smell and taste, etc.; and there is an aggravation of the symptoms in the evening and at night.

DOSE.—See *Aconite*. Repeat every four or six hours, or, alternately with *Ipecacuanha*, every other three hours.

Second Stage.

(The Whooping or Spasmodic Period.)

If difficulty be experienced in the choice of a remedy, and if professional aid be not obtainable, compare the articles on "*Cough*" and "*Bronchitis*," and read the pathogenesis of each remedy in the "*Materia Medica*," at the end of this work.

Symptoms.—The fever symptoms have disap-

peared. The cough increases in violence, and presents the characteristic whoop. The cough comes on in fits, which may last several minutes, and cause symptoms of partial suffocation,—namely, bluish and bloated face, and protruding eyes; the fit is often followed by the vomiting of food, bile, or phlegm.

In addition to the perusal of the undermentioned remedies, compare the medicinal symptoms already given in the “*First stage*.”

Remedies.—*Drosera*, *Cina*, *Cuprum*, *Hyosciamus*, *Ipecacuanha*, *Nux Vomica*, *Stramonium*, *Veratrum Album*.

Drosera was described by Hahnemann as specific to hooping-cough, and, although further experience has restricted its use, it is undoubtedly suited to many marked symptoms of this disease. The particular symptoms indicating *Drosera* are,—excessively violent paroxysms of coughing, with the shrill, wheezing sound, heard during inspiration, very marked; great pain under the short ribs, stopping the breathing; the face turns blue; blood is discharged from the nose and mouth, and the child is almost suffocated. Coughing causes vomiting of water, phlegm, or food.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give one or two teaspoonfuls, for a dose, every three hours, or during a severe paroxysm. The tablespoonful described is a dose for an adult.

Cina is especially useful in children troubled

with worms, or the symptoms of them, itching at the nose and fundament; the child picks and rubs his nose: also, in cases where a rigid convulsion takes place during the paroxysm.

DOSE.—Same as for *Drosera*. Repeat in like manner.

Cuprum is indicated when the paroxysms occur frequently, and are accompanied and followed by rigid convulsions; afterwards violent vomiting, and rattling of phlegm in the chest when not coughing.

DOSE.—Same as for *Drosera*. Repeat every four or six hours.

Hyosciamus, especially for the spasmodic, dry coughing fits of young girls, which are very severe at night, with difficulty of breathing, threatening suffocation; staring eyes; bluish face, etc.

DOSE.—See *Drosera*. Repeat similarly.

Ipecacuanha.—See *Ipecacuanha* in the *Catarrhal Stage*.

Nux Vomica.—See *Nux Vomica* in the *Catarrhal Stage*.

Stramonium is useful in very severe forms of this complaint, which have resisted the more common remedies. The paroxysms are of a dry, spasmodic description, come on principally in the evening, and exhaust the sufferer from them, who becomes very thin and weak from their continuance.

Veratrum Album affords relief in very violent cases of this affection, where the little patient is much exhausted, has a clammy skin, and suffers

from spasm of the chest; this last renders the breathing very difficult, as though the child would be suffocated, and causes extreme pain at the heart. The last-mentioned symptom can be recognised, in cases where the patient is very young and unable to describe his sensations, by the peculiarly anxious expression of the countenance.

DOSE.—Same as for *Drosera*. Repeat in a similar manner.

Third Stage.

(Convalescent Stage.)

This stage is known by the disappearance of the paroxysmal symptoms. The cough gradually loses its convulsive character, and resumes its appearance in the first stage. The fits of coughing are at longer intervals, and the cough becomes moist. During this stage the child sweats a good deal at night, and is easily affected by variations of temperature: a chill at this time will bring back the cough of the last stage.

TREATMENT.

Avoid exposure to draughts or damp; going out into the open air should be only permitted in fine, warm, and dry weather.

The remedies suitable for the first and second stages are sufficient for this one; the proper one is to be found by consulting the symptoms, given with each medicine. The remedies ought to be given at increased intervals.

It is well, in the majority of cases, in this stage of this complaint, to give *Sulphur* in alternation with some, apparently, more specifically indicated remedy.

DOSE.—One or two globules, or one pilule, upon the tongue, every alternate six hours, with whatever other remedy appears to be indicated, is the dose for a child. If tinctures are employed, dissolve one drop in three teaspoonfuls of water, and give one teaspoonful of the mixture for a dose.

CROUP.

General Remarks.—Childhood alone is subject to this often fatal complaint. As croup in many cases terminates fatally, no time is to be lost in seeking professional homœopathic advice. Where death occurs from croup, it takes place with great rapidity, — sometimes even within twenty-four hours, and but seldom after the sixth or eighth day. The sooner the proper homœopathic treatment of croup is commenced, the greater is the likelihood of a favourable result.

Croup is an inflammatory and spasmodic disease, principally affecting the larynx (organ of voice) and upper portion of the windpipe. The inflamed lining mucous membrane of the windpipe secretes a thick fluid, which is sufficiently thick and solid to form an additional lining or false membrane to the part affected.

Causes and Symptoms.—Some children are hereditarily predisposed to be attacked by croup. It is brought on by exposure to cold, in the same way that a common cold is. Previously to the appearance of its marked and characteristic symptoms, there is generally a precursory period, during which the patient suffers apparently from a common cold. This is not, however, always the case, as a croup paroxysm may come on suddenly at night, no suspicion of croup having previously existed. At this period the child suffers from the usual symptoms of a cold; there is more or less fever; there is a discharge from the nose and eyes; the patient frequently sneezes, is irritable and sleepy, and lays his head about. In addition there is a cough and more or less hoarseness. These symptoms rapidly increase in severity; the breathing becomes short, hurried, and wheezing, and the cough comes on in paroxysms; and then the characteristic sound of the croup-cough becomes audible, like the barking of a dog or the crowing of a cock. The disease, unchecked, advances rapidly in its course; the breathing is more and more laboured; the head is thrown back; the face, before red, is livid; a clammy sweat breaks out on the face, and the patient dies, asphyxiated (suffocated). If the disease be of the membranous type, the false lining of the windpipe is sometimes, after a severe paroxysm, expelled, after which the child appears much relieved; as, however, in the great majority of cases,

a fresh false membrane is secreted, the relief is only temporary.

The reader should, further, read attentively the article upon "*Diphtheria*," Part V.

TREATMENT.

Diet.—It is almost unnecessary to point out the difficulty of giving food during an attack of croup. Cold water may be sipped. If the patient be sinking, beef-tea enemas may be administered.

Hygiene.—Keep the child warm, and carefully protected from any chill or draught. Put a cold water compress round the child's throat.

Medicinal Treatment.—In the first place, make certain of the true character of the complaint, that it is croup, and not croupy cough or bronchitis.

Remedies.—*Aconite*, *Spongia*, *Hepar Sulphuris*.

Aconitum Napellus, is invaluable in the first stage of croup; there is inflammatory fever; short, dry, cough, and short and hurried breathing, and the symptoms of a common cold.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give one, two, or three teaspoonfuls for a dose, according to the age of the child. Repeat every fifteen to thirty minutes, two to four times, according to the severity or amelioration of the symptoms; afterwards at intervals of two or four hours, if *Spong.* and *Hep. Sulph.* are not indicated.

Spongia is indicated after *Aconite*, the skin having become moist, the cough somewhat loose and the respiration easier. *Spongia* is at once

required if the attack be unpreceded by catarrhal and febrile symptoms. The symptoms are,—a barking, shrill cough; the throat (windpipe) feels sore and constricted, as if it were too small to breathe through; there is very little expectoration; the sound of the breathing is rough and wheezy, and the child throws his head back.

DOSE.—See *Aconitum Napellus*. Repeat in like manner.

Hepar Sulphuris is to be given if the cough become looser and easier, and the breathing less difficult. When there is an accumulation of mucus in the windpipe and its tributaries; if the respiration be quick and troublesome; if lying down produce symptoms of suffocation. Also for the hoarseness, *Hepar Sulphuris* may be given alternately with *Spongia*.

DOSE.—See *Aconite*. Repeat as for *Aconite*, or alternately, every other two hours, with *Spongia*.

Additional Treatment.—There are other remedies used by homœopathists besides those already named. If the preceding treatment be insufficient, and much delay unavoidably be occasioned in procuring the assistance of a homœopathic practitioner, the following remedies are to be consulted.

Additional Remedies.—*Arsenicum*, *Antimonium Tartaricum*, *Bryonia*, *Camphor*, *Cuprum*, *Ipecacuanha*, *Opium*, *Phosphorus*.

Arsenicum is often useful if the patient appear

to be sinking from exhaustion, and the respiration slow and difficult.

DOSE.—See *Aconite*. Repeat in like manner.

Antimonium Tartaricum is indicated after the paroxysms have disappeared, by oppressed breathing, wheezing in the windpipe, rattling of phlegm in the chest, and by a suffocative cough. *Antimonium Tartaricum* is often given in alternation with *Phosphorus*.

DOSE.—Same as for *Aconite*. Repeat similarly.

Bryonia is indicated for croupy cough, and not for true croup. It should be given in alternation with *Ipecacuanha*.

DOSE.—See *Aconite*. Repeat every four hours, or on alternate three or four hours with *Ipecacuanha*.

Camphor should be administered, if homœopathic advice be not available, and all the remedies fail to produce a good effect.

DOSE.—It may be given in globules, if the strong tincture be not available. Give ten globules for a dose. *Concentrated Tincture of Camphor*: Half a drop is a dose (let fall one drop of the tincture upon a piece of loaf-sugar, and divide it into two portions). Repeat, if there be no improvement, after an interval of an hour, and consider all the symptoms again, and very carefully, before giving another medicine.

Cuprum will relieve croupy cough, coming on in paroxysms, especially at night, with the coughing up of thick, sticky mucus. The paroxysm will probably be accompanied by spasm of the chest, shoulders, and upper extremities.

DOSE.—Same as for *Aconite*. Repeat at intervals of six hours.

Ipecacuanha, like *Bryonia*, is suited to croupy, catarrhal cough, rather than to *Croup*; and it should be taken alternately with that remedy. The paroxysms are very violent; with retching and vomiting, and livid countenance.

DOSE.—See *Aconite*; and repeat as for *Bryonia*.

Opium, in cases where suffocation is imminent; the respiration is snoring and laboured, and the face blue or bluish-red.

DOSE.—See *Aconite*, or put two or three globules in the mouth.

Phosphorus is in some cases advantageously administered in alternation with *Antimonium Tartaricum*. The patient gets worse instead of better, notwithstanding the previous administration of *Aconite*, *Spongia*, and *Hepar Sulphuris*.

DOSE.—Same as for *Aconite*. Repeat, during the paroxysm, every alternate twenty to thirty minutes with *Ant. Tart.*, until amelioration takes place; then at intervals of two to three hours.

ASTHMA.

CONSTITUTIONAL or hereditary asthma is a complaint very difficult of cure, and sometimes altogether incurable, and in all cases requires skilful (professional) homœopathic treatment.

Symptoms.—Asthma may be described as a difficulty of breathing, accompanied by more or less cough. The cough may be dry (spasmodic), with little or no expectoration, or it may be moist, and accompanied by copious expectoration. The former is, perhaps, more often the type of the constitutional form of this disease, whilst the latter is more frequent among the aged.

Causes.—These are numerous, apart from any hereditary predisposition. Attacks of dyspepsia, with flatulency and constipation. Age. Suppression of piles, or of any discharge, as of a cold in the head, etc. Inhaling the vapour, effluvia, or dust from arsenic, copper, sulphur (and their ores), flour, stone, etc. Disordered period.

TREATMENT.

Diet and Hygiene.—If the patient's symptoms occur after, or are aggravated by, meals, he should be careful to take only food that is light and easy of digestion. Suppers are especially to be eschewed. Sponging the chest with cold water, every morning, is often very beneficial.

Remedies.—*Aconitum Napellus*, *Antimonium Tartaricum*, *Arsenicum*, *Belladonna*, *Bryonia*, *Cocculus*, *China*, *Cuprum*, *Dulcamara*, *Ipecacuanha*, *Nux Vomica*, *Opium*, *Phosphorus*, *Pulsatilla*, *Sambucus*, *Veratrum Album*.

Aconitum Napellus is indicated in cases where there is congestion of the head or chest; cough

with expectoration of blood, etc. In persons of a full habit of body, disposed to apoplexy.

DOSE.—Dissolve six globules, four pilules, or one drop of the tincture, in four tablespoonfuls of water, and take one tablespoonful for a dose every two or three hours, three times; also a teaspoonful of this mixture, every ten minutes during a paroxysm.

Antimonium Tartaricum, in the asthma of the aged; with nausea, retching, and attacks of suffocation. There is an accumulation of phlegm in the chest, causing a wheezing and rattling. The patient is worse in the evening and at night, and cannot lie down in bed, but requires to be propped up.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Repeat every two, three, or four hours.

Arsenicum Album is very valuable in chronic cases of asthma, where it is homœopathic to the symptoms; its use, however, requires to be persevered in for a long time. The breathing is almost stopped by any motion, as by going up stairs and laughing. The patient is much exhausted after an attack. There is a burning sensation in the chest.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three tablespoonfuls of water, and take one tablespoonful for a dose. Repeat three times in the day (morning, noon, and bedtime).

Belladonna is suited to blonde females, who have a soft, fine skin, are inclined to *embonpoint*, and are from forty to forty-seven years of age. The

throat feels constricted, threatening suffocation, the muscular system is relaxed, and there is a partial loss of consciousness. Involuntary emission of the stool and urine.

DOSE.—Dissolve six globules, two pilules, or one drop of the tincture, in four tablespoonfuls of water, and take one tablespoonful for a dose. Repeat every three hours.

Bryonia is useful in cases where the breathing is made more difficult by any motion, or it is caused by the suppression of an eruption. *Bry.* is not indicated in chronic cases of *real* asthma, but only in such as may be mistaken by the reader for that disease.

DOSE.—Same as for *Antimonium Tartaricum*. Repeat every two, three, or four hours, three times.

Cocculus is adapted principally to the asthma of nervous individuals, and of hysterical females. In such persons *Cocc.* is indicated by a congested state of the lungs, a sense of oppression of the chest, by *palpitation* of the heart, and by a constricted feeling about the throat. The symptoms are worse at night.

DOSE.—Same as for *Belladonna*. Repeat every three or four hours.

China is chiefly useful when administered in alternation with some more specific remedy. The patient is very weak, complains of feeling exhausted, and perspires too freely during sleep.

DOSE.—Same as for *Arsenicum*. Repeat three times, daily (morning, noon, and night).

Cuprum, for asthma from an accumulation of mucus in the chest; and especially for that with cramps of the chest. Also for the asthma of children, and of hysterical females. The attack may follow a fright, or a fit of passion, or it may come before the period. Spasm of the chest; hiccough; difficult inspiration.

DOSE.—Same as for *Arsenicum*. Repeat every six hours; and take a teaspoonful of a like mixture every fifteen minutes, during the paroxysm.

Dulcamara is a capital remedy in recent cases of moist asthma, and when the paroxysm follows a cold.

DOSE.—Same as for *Aconitum Napellus*. Repeat in a similar manner.

Ipecacuanha.—There is a dry cough, with a suffocating spasm of the chest: there is, furthermore, retching and vomiting; the breathing is anxious, hurried, and difficult; there is a dread of death; the face is pale and livid. The symptoms often come on at night.

DOSE.—Same as for *Antimonium Tartaricum*. Repeat every three hours.

Nux Vomica is suited to attacks coming on about four o'clock in the morning, or after a full meal; in individuals of irritable temperament and of dark complexion. The chest, in the neighbourhood of the pit of the stomach, feels contracted (constricted), the breathing is difficult, and the patient feels much anxiety.

DOSE.—Three globules, two pilules, or one drop of the tinc-

ture, in a tablespoonful of water, at bedtime (for night attacks), or thrice daily.

During an attack.—Dissolve six globules, four pilules, or two drops of the tincture, in two tablespoonfuls of water, and take a teaspoonful of the above-described mixture every five minutes.

Opium for a suffocating fit during sleep, like nightmare, and a suffocating cough, with a dark bloated countenance. Deep, laboured, snoring breathing.

DOSE.—Consult the directions given for the last-named remedy (*Nux Vom.*).

Phosphorus, for the difficulty of breathing, with pain in the chest, and with cough, of consumptive persons. Attacks of suffocation at night, as though the lungs were paralyzed. *Phosphorus* may be, in some cases, advantageously alternated with *Antimonium Tartaricum*.

DOSE.—Same as for *Antimonium Tartaricum*. Repeat every six hours, or on alternate four hours with *Antimonium Tartaricum*.

Pulsatilla is suited in cases where the patient has the *Pulsatilla* complexion and temperament, namely, a fair skin, light hair, blue eyes, an easy and easily forgiving temper, and where *she* is easily affected to tears. *Pulsatilla* is especially useful for asthma consequent on stoppage of the monthly period.

DOSE.—Same as for *Nux Vomica*. Repeat every three or four hours.

Sambucus is rather suited to the spasmodic asthma of infants than to the asthma of adults; it, however, may afford relief to the asthma of aged

people, more especially if there be a tendency to dropsical effusion. The symptoms are,—the face is bluish and bloated; an extreme difficulty of drawing the breath; and fits of sudden choking (like *Asthma Millari*, see "*Spasmodic Asthma of Children*") after midnight.

DOSE.—See the directions given above for *Nux Vomica*.;

Veratrum Album, in cases where the patient is extremely weak and exhausted. Excessive pain stops the breathing, or there is great anxiety, with palpitation of the heart, and quick, audible respiration. *Veratr.* should be compared with *Arsenicum*. It is sometimes alternated with that remedy.

DOSE.—See *Arsenicum*. Repeat in a similar manner, or o alternate three hours.



PART VIII.

DISEASES OF THE URINARY ORGANS.

GENERAL REMARKS ON URINARY AND SEXUAL AFFECTIONS.

AFFECTIONS of the urinary and sexual organs are, as a rule, quite unsuited to domestic treatment. Individuals affected by maladies of these organs should, for their own sakes, lose no time in procuring the aid of a skilful homœopathic surgeon.

Irremediable mischief, in sexual and urinary, as in many other, diseases, is often effected by delay; whether the time is lost in inaction or in fruitless attempts at self-treatment, possibly of a complaint, of the nature of which its possessor *cannot* possibly be cognizant.

A treatise,* by the author of this work, on incontinence of urine (so frequent in advanced life), and on enlarged prostate, is in an advanced state, and will be shortly published.

INFLAMMATION OF THE KIDNEYS.

(*Nephritis.*)

General Remarks.—The kidneys, in common with the other organs of the body, are subject,

* *Diseased Prostate, and Incontinence of Urine, with its Homœopathic and Surgical Treatment.* By Richard Epps, Surgeon, etc. etc.

from various causes, to inflammatory action. True nephritic inflammation is an extremely serious condition; and it is impossible to enable the unprofessional reader to discriminate between a dangerous, possibly fatal-ending, case, and one of an evanescent description. Diseases of the kidneys have a disposition to become chronic. For the above reasons, and because it is, as a rule, unadvisable for any (medically) uneducated person to undertake the treatment of a chronic affection, professional homœopathic advice should as soon as possible be obtained. Pending the arrival of such aid, administer, as directed, the one of the undermentioned remedies most closely resembling, symptomatically, the patient's symptoms.

Characteristics.—There generally is considerable inflammatory fever, with full, quick pulse; thirst; dry, hot skin, etc. The fever may, however, have, and often has, a typhoid character; in which case, see the article on "*Typhus and Typhoid Fever*," in the Appendix.* Deep-seated pain in the loins, passing downwards towards the bladder; pain and tenderness about the bladder; scanty, burning, red, sometimes bloody, urine; dark urine, with sediment; retention, in very bad cases, where both kidneys are inflamed; violent, unbearable pain in the leg (hip and knee), on the same side as the inflamed kidney. The patient cannot remain more

* *Appendix to the Homœopathic Family Instructor.* By Richard Epps, Surgeon, p. 42.

than one or two minutes in one position, although the least movement of the affected limb is productive of agony.

Causes.—Calculus (stone) in the kidney; strains of the loins from lifting heavy weights;* direct violence to the loins. Spanish fly, turpentine, and similar drugs, given in dangerous allopathic doses, as diuretics; the first-named drug has been often given for criminal purposes, with, however, the effect only of producing inflammation of the kidneys.

TREATMENT.

Hygiene and Diet.—Rest is indispensable. Hot or tepid hip-baths afford great relief from the pains in the loins, strangury, etc. The diet, as a rule, generally should be that suited to patients with inflammatory fever. See the article on "*Fever.*" This rule only applies, however, to simple (uncomplicated) cases. Inflammation of the kidneys probably most often occurs in individuals of intemperate habits. Considerable latitude, in such cases, must be exercised in respect to diet; for then a too close adherence to a low diet does irremediable injury: these cases are evidently not amenable to domestic treatment.

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Belladonna*, *Camphora*, *Cantharis*, *Mercurius*, *Nux Vomica*, *Pulsatilla*, *Rhus Toxicodendron*.

* I have had many gratuitous patients, from persons occupied in lifting sacks of corn, flour, etc., afflicted with the chronic form of this affection.

Aconitum Napellus.—For high inflammatory fever, especially at the commencement.

DOSE.—One drop of the tincture, three globules, or two pilules, in a little cold boiled water. Repeat every hour.

Arnica Montana will be required, both as an external and internal remedy, in cases where the inflammation is the result of a recent external injury,—fall, blow, etc. If the result of a strain, see, further, *Rhus Tox*.

DOSE.—(*Internal Administration*.)—See *Aconitum Napellus*. Repeat every two or three hours, or, on alternate one or two hours, with *Aconitum Napellus*.

External Application.—Put a teaspoonful of the strong (*matrix*) tincture in the hip-bath. See, also, the article on “*Strains and Sprains*,” p. 115.

Belladonna, in cases where the fever is very high, even to delirium, and there is great pain in the loins, hypogastrium, and brain. Especially in females and children, of the temperament described in the article on “*Belladonna*,” in the *Materia Medica*. In some cases, this remedy is alternated advantageously with *Aconitum N*.

DOSE.—Same as for *Aconite*. Repeat every two hours.

Camphora is the antidote to spanish-fly (cantharides). It should be given in cases where the inflammation and the urinary difficulties follow poisoning by cantharides, whether consequent upon its internal (allopathic, perhaps criminal) administration, or by its absorption from a blister.

DOSE.—One or two drops of the *Concentrated Tincture of*

Camphor, on a small piece of lump-sugar. Repeat every hour, as long as it only is indicated.

Cantharis, especially in cases where the efforts at micturition are the leading symptoms. The passage of the urine is very painful. The urine may be mixed with blood, and only a few drops expelled at one time.

DOSE.—See *Aconite*. Repeat after two to four hours. In some cases, it is better to take a teaspoonful of the prescribed mixture every fifteen to thirty minutes, until the symptoms are ameliorated.

Mercurius is required, in somewhat advanced cases of inflammation, where suppuration is imminent. Such are necessarily totally unfitted for domestic treatment.

Nux Vomica, at an early stage, in cases where the symptoms follow upon a debauch.

In individuals of constipated, hæmorrhoidal habit of body. Especially in cases where the piles suddenly disappear.

DOSE.—See *Aconite*. Repeat in two hours.

Pulsatilla, in females of leuco-phlegmatic temperament, having menstrual irregularities. It may be well alternated with *Belladonna*.

DOSE.—See *Aconite*. Repeat every three hours, or every other two or three hours with *Bell*.

Rhus Toxicodendron, in recent cases, where the inflammation supervenes upon a strain of the loins. Also, if there are typhoid symptoms, see the "*Materia Medica*."

DOSE.—See *Aconite*. Repeat in three, four, or six hours' time.

STRICTURE.

THERE are various varieties of this important affection. I shall only mention the two great varieties of stricture,*—the spasmodic, and organic (*i. e.* permanent). The first-named variety is the only one that allows of domestic treatment. For the reason that organic stricture always requires surgical treatment, the patient should early put himself under the care of an experienced homœopathic surgeon.

The chief remedies are, *Aconite*, *Cantharis*, *Cannabis Indica*,† *Nux Vomica*, and *Pulsatilla*.

For the symptoms of these remedies, see the next article, on "*Urinary Difficulties*."

URINARY DIFFICULTIES—RETENTION OF URINE—INCONTINENCE OF URINE.‡

(*Ischuria*, *Strangury*, *Enuresis*.)

BOTH the above-mentioned conditions are of very serious importance, and they are, in the great majority of cases, altogether unsuited to domestic

* The varieties and the treatment of stricture are fully given in a work, shortly to be published, on the "*Special Diseases of the Urinary and Sexual Organs*," by *Richard Epps, Surgeon*.

† See "*Note*," page 160.

‡ See, further, "*Urinary Difficulties*" of Women (Part IX.).

treatment. This remark especially applies to urinary retention. Irremediable injury may be effected in that affection by the necessarily insufficient treatment of a surgically unskilled homœopathist. Incontinence of urine is, in many cases, but a complicating symptom of retention from enlarged prostate.*

An article on one of the most common forms of *Enuresis* (incontinence of urine), that of children, is given among the "*Diseases of Children*" (Part X.).

In a case of partial or complete retention of urine, send at once for a homœopathic surgeon; failing whose arrival, place the patient in a warm bath (or hip-bath), at about 95° Fah., for from five to twenty minutes. The length of time of immersion must depend upon the age and power of reaction of the patient. At the same time give one of the following remedies:—

Remedies.—*Aconitum Napellus*, *Arnica Montana*, *Belladonna*, *Cantharis*, *Cocculus*, *Nux Vomica*, *Opium*, *Pulsatilla*.

Aconitum Napellus is one of the best early remedies in retention, if its symptoms are present. Acutely feverish symptoms,—thirst, hot skin, scanty, hot urine, and fear of death. It should be given alone, or in alternation with *Cantharis* or *Nux Vomica*. See *Canth.*, *Nux Vom.*, and *Puls.*

DOSE.—Dissolve one drop of the tincture, two pilules, or three

* See "Note," page 537.

globules, in three dessertspoonfuls of cold water. Give one dessertspoonful for a dose. Repeat in half an hour's time.

Arnica Montana, in cases of retention or stranguery, where the symptom is caused by a blow or fall. The violence may have been directly applied to the bladder (at the hypogastrium or perinæum), or to the spinal cord. An *Arnica* lotion or poultice should be applied, in such a case, to the seat of injury; and the patient should have some of the strong tincture put into his bath. See, further, the directions for an *arnicated* bath, etc., in the articles on "*Fatigue*" (page 133), and "*Sprains*" (page 115).

I may here mention that I have found *Arnica Montana* effectual in the prevention of spasms, or rigors, after the passage of bougies, for stricture. The under-mentioned case, extracted from my "*Treatise on Stricture*," is of interest.*

DOSE.—Three globules, two pilules, in one drop of the tincture, in a little water. It is generally best alternated with another remedy,—*e.g.* *Acon.*, *Canth.*, etc.

* See foot-note, page 542. *Case*.—Mr R., age 63, consulted me, March 31, 1860, for an asthmatic affection of long standing. He was, in addition, suffering from the inconvenience attendant upon stricture of urethra. About eight months previous to his consulting me he had suffered from the same complaint (stricture). He was relieved from the distress attendant upon it, by the passing of bougies by his, at that time, surgical attendant; but, in consequence of neglecting an occasional renewal of the operation, the stricture returned. He had always suffered much pain during the passage of the instruments, and afterwards.

On April the 6th, I passed, with difficulty, a No. 3 silver

Belladonna will remove an incontinent condition of the bladder, in many cases; especially in females, or in children. See "*Enuresis*" (wetting the bed), in Part X.

DOSE.—See the above-mentioned article.

Cantharis is a valuable remedy in cases of ischuria and strangury. These cases are unsuited to domestic treatment. One or two doses of this remedy may be given, in cases of partial retention of urine with much ineffectual straining, and, perhaps, the passage of a few drops of blood or bloody urine; where *Aconite* has proved insufficient, and where there is an unavoidable delay in the arrival of the professional attendant.

DOSE.—See *Aconitum Napellus*.

Cocculus often relieves incontinence of urine, perhaps co-existent with spasm of the stomach, during pregnancy.

DOSE.—One drop of the tincture, three globules, or two pills, in a little water. Repeat every four, five, or six hours.

catheter (the instrument was left in for fifteen minutes); he took at the time a dose of *Arnica*. On his succeeding visit, two days after, he informed me that he had not experienced *any pain whatever*. I then passed a No. 4 catheter, and repeated the *Arnica*, and with a like result. The passing of instruments continued, at proper intervals, up till April the 20th, when a No. 10 was passed; the last-named size was the largest he was capable of receiving. On most of these occasions *Arnica* was administered, with evident good effect, and on one occasion, when, from abrasion of the lining mucous membrane, a little blood was passed, I directed him to bathe the parts with *Arnica* lotion: no pain ensued on subsequently passing water.

He continued to pass a full-sized stream of water.

Nux Vomica, for an inability to eject the urine, after its too long retention. This may be described as a species of evanescent paralysis. I do not, of course, allude here to that serious paralysis of the bladder consequent upon retention, and great over distention of that organ, although the patient has made repeated ineffectual attempts at micturition. This latter form of retention and vesical paralysis, not uncommon in advanced life, requires all the skill of the surgeon for its cure. Homœopathic medicinal treatment is a useful accessory to the mechanical means, for its relief adopted by the surgeon.* *Nux* is often advantageously alternated with *Acon.* in cases of spasmodic retention of urine. Compare *Pulsatilla*.

DOSE. — Three globules, two pilules, or one drop of the tincture, in a little water. Send at once for a homœopathic surgeon.

Opium is required in some of the most serious cases of retention. There may be a paralytic condition of the bladder present, or the retention may be coincident with brain symptoms calling for this remedy. In all such cases, consult a skilful homœopathic surgeon.

Pulsatilla may be alternated with *Aconite* in many cases of retention. There may exist a

* The retention of urine, generally associated with dribbling, met with in advanced life, is fully treated of in a treatise on "*Incontinence of Urine and Enlarged Prostate*," by Richard Epps, Surgeon. See "Note," page 537.

mucous, or even muco-purulent discharge from the urethra. Also for the incontinence of urine of lying-in females.

DOSE.—See *Cocculus*.

URINARY DIFFICULTIES OF WOMEN.

FEMALES are equally liable with males to urinary retention and incontinence. The causes, however, in their case, of these troubles, are widely different. The urinary difficulties of women are fully treated of in Part IX. (*"Affections of Women"*).



PART IX.

AFFECTIONS OF WOMEN.

INTRODUCTORY REMARKS. ·

THERE are many special diseases dependant upon the sexual organization of women. The susceptibility to this class of complaints, commences at, or before, puberty, *i. e.* the time of the first appearance of the monthly discharge, or that at which it should appear.

Female affections may, broadly, be divided into two divisions,—*Firstly*, those connected with derangement of the monthly period; *Secondly*, the troubles and dangers peculiar to pregnancy and lying-in, and the serious affections in connexion therewith.

THE MONTHLY DISCHARGE OR FLOW.

(*Menstruation.*)

THE age at which the menstrual discharge makes its first appearance, varies according to climate and temperament. The menses, in temperate latitudes, as in Great Britain, are generally first seen

about the age of thirteen, fourteen, or fifteen years ; in colder, more northern climates, or in the tropics, they are later or earlier in making their appearance, —in the former being later, and in the latter much earlier in their appearance. In a healthy woman, the discharge makes its appearance every fourth week (twenty-eighth day), and continues about five days. It must, however, be noticed that a *slight*, regular, deviation from the above rule is not a symptom of disease.

The appearance of this discharge is, in the great majority of cases, entirely, or nearly so, suspended during pregnancy.

The menstrual discharge gradually disappears about the forty-fourth, to the forty-seventh, year. This is the *change of life*, or *critical period*, of women. See, further on, the article on "*Change of Life, Critical Period.*"

THE FIRST MONTHLY PERIOD.

THE non-appearance of the courses at the proper time, although the patient is of the proper age, gives rise to considerable constitutional disturbance. The requisite treatment, in such a case, should be commenced at once, for the reason that procrastination may seriously injure the patient.

Symptoms.—Rush of blood to the head; flushed face; bleeding at the nose; palpitation of the heart; a feeling of oppression and langour.

Remedies.—*Aconitum Napellus*, *Pulsatilla*.

Aconitum Napellus.—A few doses of this remedy may be advantageously given; either alone or in alternation with *Pulsatilla*, if it be indicated by symptoms of inflammatory fever, etc. See the "*Materia Medica*," at the end of this work.

Dose.—Three globules, two pilules, or one drop of the tincture, in a little water.

Pulsatilla is the chief remedy in recent cases. It should be given for four or five days.

Dose.—See *Aconite*. Repeat morning, noon, and night.

SUPPRESSION OF THE MENSES.

(*Amenorrhœa*).

THIS happens when the discharge does not appear at the month; or when it stops suddenly, or too soon.

Causes and Symptoms.—The causes of this condition are numerous,—catching cold; wet feet; the getting chilled when warm; fright and strong nervous excitement; the partaking of exciting or indigestible articles of diet, etc. The *symptoms* which accompany a cessation of the discharge are

often of the most varied character. Serious and important, even fatal, diseases may have their origin in amenorrhœa.

Recent cases are only suited to domestic treatment. If the patient's menses stop suddenly, give her a hot hip-bath, and put her at once into a warmed bed for the night. At the same time give her a few doses of one of the under-mentioned remedies.

Remedies. — *Aconitum Napellus*, *Belladonna*, *Pulsatilla*.

Aconitum Napellus, in alternation with *Pulsatilla*, if there are symptoms of simple inflammatory fever, with flushed face, hot skin, etc.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat twice or thrice in alternation with *Pulsatilla*, at intervals of two hours.

Belladonna, in cases where the fever does not yield to *Aconite*. The patient is excited and restless, complains of her head, and may even be slightly delirious. In alternation with *Pulsatilla*. Cases requiring *Bell.* require medical advice.

DOSE.—See *Aconitum Napellus*. Repeat every other three hours, with *Pulsatilla*, once or twice.

Pulsatilla should be given in all recent cases of amenorrhœa. It may require to be given alone, or in alternation with one of the above-mentioned remedies.

DOSE.—See *Aconite*. Repeat, as directed above (see *Acon.* and *Bell.*), or, alone, every five or six hours.

DELAYED, OR SCANTY PERIOD.

THE treatment is the same, in recent cases, as that recommended in the article on "*Suppression of the Menses.*"

TOO FREQUENT OR PROFUSE PERIOD, —FLOODING.

(*Menorrhagia.*)

AN habitually excessive flow is a very serious affection, and requires skilful treatment.

There are very many remedies homœopathic to one or other of these varieties.

Cases of too long continued discharge require similar treatment to that here given. A professional homœopathist should be consulted at an early period.

For the flooding attending child-birth, see the article on "*Flooding.*"

The reader should compare the symptoms of the under-mentioned remedies :—

Remedies.—*Arnica Montana*, *Belladonna*, *Calcarea Carb.*, *China*, *Ipecacuanha*, *Secale Cornutum*.

Arnica Montana, in cases where the patient has received a physical injury to the parts. Such injury may have been inflicted by a kick or fall, and

by other means. These are often very serious cases. For the requisite treatment, for slight, recent cases, consult the article on "*Bruises*," p. 109, in Part II.

Belladonna is a useful remedy in very many cases of uterine inflammation, with pressure from above downwards.

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, in three dessertspoonfuls of water. Give one for a dose, every four or six hours.

Calcarea Carbonica is recommended for too frequent and profuse menstruation.

DOSE.—See *Belladonna*. Repeat at eleven and seven, for a week.

China, for debility consequent on excessive menstruation. See "*Flooding*."

DOSE.—One drop of the tincture, two pilules, or three globules, in a little water, three times a-day.

Ipecacuanha, in cases of excessive flow (flooding).

DOSE.—See *China*. Repeat every four or six hours.

Secale Cornutum, for very painful (colicky) tedious menstruation.

DOSE.—Same as for *Belladonna*. Repeat after six hours.

CHANGE OF LIFE, CRITICAL PERIOD.

(*Cessation of the Menstrual Function.*)

THIS last great functional disturbance of the female economy occurs between her fortieth and fiftieth

years. All her future physical happiness in this world depends upon the success with which she passes through this critical period. Diseases may, at this period of her existence, be planted in her constitution of the most fatal description. I need only mention that dread of the female sex, "cancer."

The time occupied, in the permanent stoppage of the monthly discharge, varies from one to two or more years. The patient should, during this important time, consult a skilful professional homœopathist, once in each one, two, or three months. By following this advice, she will ward off many after pains and troubles.

Symptoms.—The first noticeable symptom of the critical period, is irregularity of the menstrual discharge. It will disappear for three months, then reappear, then disappear for a still longer interval. The duration of these intervals, as well as the amount of the discharge on its reappearance, varies in different cases. Whilst passing through this stage, the patient may remain perfectly well, though such is seldom the case. More often she suffers from congestion of the head, womb, etc., pains in the abdomen, shortness of breath, palpitation of the heart, sick-headache, etc.

If it be impracticable to follow the advice above given, consult the pathogenetic effects of the following remedies, in the "*Materia Medica*," at the end of this work.

Remedies.—*Belladonna, Pulsatilla, Lachesis.*

DOSE.—Dissolve six globules, four pilules, or two drops of the tincture, of the indicated remedy, in three dessertspoonfuls of cold water, and take one dessertspoonful for a dose, every three, four, or six hours.

Diet and Hygiene.—Too much attention cannot be paid, at this time, to diet and hygiene. A simply nutritive and unstimulating diet, taken at regular hours, gentle and regular exercise, and early hours, are important accessories to the medicinal treatment.

VICARIOUS (ABNORMAL) MENSTRUATION.

THIS consists in the suppression of the normal monthly flow from the uterus, and of a discharge of blood from another part, *e.g.* from the nose or stomach; or the flow may be suppressed (or very nearly so), and a profuse leucorrhœal discharge take its place.

The first-mentioned variety is of rare occurrence. It is an affection of a very serious nature, and requires skilful treatment for its cure.

The other variety is much more common. It is truly, not so much a variety of vicarious menstruation, as a combination of amenorrhœa and leucorrhœa. Compare the articles on "*Suppression of the Menses*," and "*Whites (Leucorrhœa)*;" or, better, seek professional advice.

WHITES (LEUCORRHŒA).

WHITES consists of an increased secretion of the mucus of the lining mucous membrane of the vagina. It resembles, in some cases, and to a certain extent, the mucous secretion from the nostrils or throat, lungs, etc. This discharge varies in colour and consistence.

The discharge may be, and in trifling cases is, of an altogether mucous character, colourless or white; and it is entirely produced by the vaginal mucous membrane. In more serious cases, the discharge is of a muco-purulent (mucus and pus) nature, or it may even be mixed with blood; the discharge may be purely vaginal, or it may be uterine. The first is the only fit variety for domestic treatment.

Cases of a purulent, or blood-streaked, nature, require a proper examination by the professional homœopathic attendant, so as to discover if there be ulceration of the vagina, or mouth of the womb. These cases (of ulceration) are common in private practice, and generally require local treatment.*

Causes.—These are too numerous to mention fully. A scrofulous habit of body predisposes its possessor to these discharges. Everything that

* In my own practice, at least, I have found the cure, in such cases, much expedited by local treatment.

lowers the tone of the system, as, — bad or too little food; too rich or too much food; want of pure air, in the case of the dwellers in cities, and of women employed in the close, crowded, unhealthy workrooms of milliners, dressmakers, etc.; all sedentary occupations; want of (general or local) personal cleanliness; irregularity in meals; late hours; fashionable dissipation; prolapsus uteri, etc. Thread-worms (*ascarides*) are not unfrequently exciting causes of leucorrhœa in young girls, and occasionally in adults. The discharge may be connected with an abnormal condition of the menstrual function (see *Vicarious Menstruation*). Habitual indulgence in strong tea and coffee. Lastly may be mentioned (in married life), the result of indiscretion on the part of the husband, an infectious venereal discharge. These latter cases are fortunately of comparatively rare occurrence.* They require a sufficient examination upon the part of the professional attendant, and very careful (local and constitutional) treatment.

TREATMENT.

Diet and Hygiene.—A simple, unstimulating diet is the best, in most cases. A very rich, and even stimulating diet, is occasionally to be preferred; it

* Such cases are by no means unfrequently met with in private practice. I meet with a good many every year. In one case the patient, a lady, in somewhat advanced life (æt. 50), had contracted a very troublesome gonorrhœa from her husband.

should, however, only be taken under professional advice. Meals should be taken at regular hours. Early hours should be kept. Cold and warm baths are, in most cases, valuable adjuncts to the purely medicinal treatment.

Remedies.—*China, Mercurius, Nux Vomica, Pulsatilla, Sepia, Sulphur.*

China, in the leucorrhœa of females weakened by severe illness, and exhaustive discharges, *e.g.* flooding, too profuse lochial discharge, excessive sweating, etc.

DOSE.—Three globules, or one drop of the tincture, in a little water. Repeat morning, noon, and night.

Mercurius and *Pulsatilla* are the two best remedies in slight cases, and especially in those of catarrhal origin. *Merc.* and *Puls.* may be taken in alternation.

DOSE.—See *China*. Repeat every other four hours, with *Pulsatilla*.

Nux Vomica is suited to females, who are occupied in sedentary pursuits, of energetic temperament and firm muscular fibre, and disposed to constipation and piles. In habitual coffee-drinkers. See, further on, *Sulphur*.

DOSE.—Same as for *Aconite*.

Pulsatilla, especially in recent catarrhal cases. Indications are, —increasing discharge, retarded menstruation, and slight diarrhœa. See, above, *Mercurius*.

DOSE.—Same as for *China*. Repeat every four or six hours, or, alternately, with *Mercurius*.

Sepia, especially in the chronic leucorrhœa of delicate women of sensitive organization. The patient menstruates irregularly.

DOSE.—See *China*. Repeat the dose, twice a-day, for a week.

Sulphur, as an intercurrent remedy, and in chronic cases, disposed to piles and constipation; in these last-named, in alternation with *Nux Vomica*.

DOSE.—Same as for *China*. Repeat at 11 A.M. and 7 P.M., daily, for three days; or every other four hours with *Nux Vomica*.

Note.—If the disease do not yield, in a few weeks, or earlier, to the above treatment, and if the symptoms are severe, or if the patient suspect an *irregular exciting cause* for the discharge, consult a skilful professional homœopathist. Many cases of leucorrhœa are due to causes only to be discovered by the use of the speculum; others are caused by a scrofulous or other taint. All such cases require professional skill, both in their discovery and treatment.

FALLING OF THE WOMB.

(*Prolapsus Uteri*.)

General Remarks, Characteristics, etc.—The womb may be displaced from its normal position, and descend partially into the vagina. This dis-

placement may be temporary or continual, slight or very considerable. Cases of slight and temporary displacement recover their normal position with the assumption of the horizontal position, and the internal use of *Nux Vomica* or *Pulsatilla*, by the patient.

If the prolapsus be due to a recent labour, it will be advisable to alternate *Arnica* with *Nux* or *Puls.*; and also to apply it externally. Cases of long standing, in which the prolapsus is very considerable, and brought on by the slightest exertion, such as by sitting or standing up, require the use of a pessary. Pessaries (womb-supports) are of various kinds and shapes. Whatever sort is employed, it must, in the first instance, be fitted and applied by the professional homœopathic attendant; this is so for the reason, that no one, without a correct knowledge of the anatomical relations of these parts, is able to choose, and to properly apply, the mechanical support best suited to each case. The patient can in most cases, the best shaped and fitting pessary having been found, be taught to apply the instrument herself.

DOSE.—Three globules, two pilules, or one drop of the tincture, of the chosen remedy, should be taken in a little water. Repeat every four or six hours. If two remedies (*e.g.* *Arn.* and *Nux*) are taken in alternation, every other three or four hours.

Arnica Montana, for prolapsus appearing on first getting up, or walking about, after a labour (the third or fourth week). It will have to be applied

externally, especially if the lower part of the abdomen be sore and tender to pressure.

Dose.—See, above.

EXTERNAL APPLICATION.—Apply the strong tincture, on a poultice, or in a lotion on a compress, to the lowest part of the abdomen.

Poultice.—Let fall five or six drops of the strong tincture of *Arnica* on a bread-and-water poultice.

Lotion.—Ten drops of the strong tincture in a wineglassful of water. Apply on lint, and cover with oiled silk.

PREGNANCY AND LYING-IN.

THERE are many affections peculiar to this period, or which are then more frequently met with than at other times.

The ailments special to pregnancy are here treated of, such as “*Unnatural Appetite*,” “*Morning Sickness*,” “*Miscarriage*,” etc.

MORNING SICKNESS.

WOMEN are attacked, a few weeks after conception, by this symptom: nausea and retching, with bilious vomiting; sick-headache. These symptoms are most common in the morning; in some cases, however, they are not felt until later. See, further, the article on “*Sickness*,” page 375.

Remedies.—*Ipecacuanha*, *Pulsatilla*, *Nux Vomica*.

Ipecacuanha, at first, for nausea and vomiting of phlegm and bile, or of the contents of the stomach.

Dose.—One drop of the tincture, in a teaspoonful of water; or three globules, or two pilules, on the tongue, at rising in the morning.

Pulsatilla, if *Ipec.* do not relieve. Acid, hot, vomiting, and eructations. Especially if there be a tendency to diarrhœa. Fair women.

Dose.—Same as for *Ipecacuanha*. Repeat similarly, or morning, noon, and night.

Nux Vomica, for nausea and stomach-ache, with constipation. Women of dark complexion, and bilious temperament.

Dose.—Same as for *Ipecacuanha*. In the evening (bed-time), and in some cases at rising.

Note.—This sickness is sometimes very violent and prostrating, especially in the first pregnancies of delicate, weakly women. Domestic treatment is not sufficient in such cases.

UNNATURAL APPETITE—CRAVING.

FANCIES for certain articles of food are not unusual during pregnancy. The patient longs for, and has no peace of mind until she obtains, some grapes, currants, a lobster salad, etc. In other, perhaps rarer, cases, the patient has an irresistible craving for the most out-of-the-way substances, such as

chalk, soap, cinders, etc.* In many cases, there is a strong repugnancy to food; other pregnant women have a positive distaste for certain meals, as breakfast, tea, etc. In the first place, try one of the following remedies, and consult the articles on "*Indigestion, Dyspepsia*," p. 384, "*Want of Appetite*," p. 365, and "*Flatulency, Wind*," p. 370. At a later period, if relief be not afforded, procure professional aid.

Remedies.—*Carbo Vegetabilis, China, Ipecacuanha, Pulsatilla.*

Carbo Vegetabilis, for a dislike to food, with flatulence.

DOSE.—One drop of the tincture, two pilules, or three globules, in a little water. Repeat every four or six hours.

China, or *Chininum Sulphuricum*,† in cases where there is a ravenous appetite. Food does not satisfy the patient.

DOSE.—Same as for *Carbo Vegetabilis*.

Ipecacuanha should be tried in the first instance. It is often alone sufficient.

DOSE.—See *Carbo Vegetabilis*.

* Probably these latter altogether illegitimate cravings are as common as those already mentioned. The patient having these abnormal cravings generally conceals her desires, and gratifies them by stealth. A patient of the writer's had, during pregnancy, an irresistible longing for the *canary-seed* that she gave to her birds. She gratified, secretly, this desire, and at the time altogether concealed the fact from the author, who was at the time attending another member of the family.

† See foot-note, p. 160.

Pulsatilla, in cases where the patient is depressed in mind, and has an objection to food; or she has an unnatural craving for certain substances,—chalk, etc.

DOSE.—See *Carbo Vegetabilis*.

INDIGESTION, DYSPEPSIA.

SYMPTOMS of dyspepsia (waterbrash, heartburn, etc.) are very common during pregnancy.

The most useful remedies are,—*Nux Vomica*, *Pulsatilla*, *Antimonium Crudum*, *Bryonia*, and *Carbo Vegetabilis*.

See the articles (Part VI.) on “*Heartburn*, *Waterbrash*,” p. 369, “*Sickness*,” p. 375, and “*Indigestion*, *Dyspepsia*,” p. 384.

CONSTIPATION AND DIARRHŒA.

THESE conditions do not require separate notice. The reader is referred to the very full articles on these affections in Part VI., “*Constipation*,” p. 418, and “*Diarrhœa*,” p. 431.

Constipation.—Slight cases are relieved by the alternate use of *Nux Vomica* and *Bryonia*.

DOSE.—One drop of the tincture, two pilules, or three globules, in a little water, every other four or six hours.

Diarrhœa.—Recent cases will yield to *Pulsatilla*.

DOSE.—See *Constipation*. Repeat after each stool, three times, or every four or six hours.

PILES, HÆMORRHOIDS.

See the article (Part VI.) on "*Piles, Hæmorrhoids*," page 460.

HEADACHE, GIDDINESS.

A CONGESTED state of the brain is not uncommon during pregnancy.

Convulsions may supervene, if the headache be severe, and if the head be very much congested. Puerperal convulsions are of the most serious importance, and require professional homœopathic treatment. Slight cases, from congestion, generally yield to *Aconite* and *Belladonna*. See, further, the articles on "*Headache*" (Part V.), pp. 267, 268, and "*Hysterics (Hysteria)*," p. 140.

TOOTHACHE.

THIS is a common affection during pregnancy. It does not require other than the ordinary homœopathic treatment for its cure.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Chamomilla*, *Ignatia*, *Nux Vomica*, *Pulsatilla*.

Consult the article on "*Toothache*," p. 324.

VARICOSE VEINS, SWOLLEN ANKLES.

General Remarks.—These are common affections during pregnancy. The two conditions are often present together. A varicose condition of the veins is common in advanced age.

TREATMENT.

A patient so affected, should, whilst sitting, have the lower limbs well raised (*i.e.* placed horizontally). If the swelling be considerable, or the veins very prominent, especially after standing and towards night, a bandage (roller) should be applied pretty tightly, from the *toes* upwards, to above the swell of the calf, or knee. A flannel roller is the most easy of self-application; it should be applied before getting off the bed in the morning.

It is a good plan to have the bandage applied, *in the first instance*, by the professional adviser. A well applied bandage is, in these cases, of great service and comfort. On the contrary, a badly fitting (unequally pressing) roller is useless, even if it be not positively injurious.

Remedies. — *Acidum Fluoricum*,* *Arsenicum*, *Hamamelis Virginica*,* *Lycopodium*, *Pulsatilla*.

* See foot-note, page 160.

Acidum Fluoricum,* for the varicose veins of aged women. These cases always require careful and accurate bandaging, and other local treatment.

DOSE.—One drop of the tincture, three globules, or two pilules, in a little water, three times a-day, for a week.

Arsenicum, in cases where there is great discoloration, and a tendency to ulceration, with burning. These are serious cases, and should be seen occasionally by the professional attendant. See, above, *Acidum Fluoricum*. *Arsenicum* may be required for these affections both in pregnancy and old age.

DOSE.—See *Acidum Fluoricum*.

*Hamamelis Virginica** is a valuable remedy for a varicose condition of the veins, especially common in advanced life. It requires to be applied locally, as well as to be administered internally. Patients so afflicted should have proper advice.

Lycopodium, for the varicose veins of pregnant women. The general condition of the patient must correspond to this remedy. See, further, the article on *Lycopodium*, in the "*Materia Medica*" (Part XI.).

DOSE.—See *Acidum Fluoricum*.

Pulsatilla should be taken in the first instance, for this condition, during pregnancy.

DOSE.—Same as for *Ac. Fluoricum*. Repeat morning, noon, and night, for a week.

* See foot-note, page 160.

URINARY DIFFICULTIES.

(*Incontinence, Retention.*)

THESE conditions are common during pregnancy.

Urinary Incontinence.—In the third and fourth months after conception, the irritability of the bladder is excessively troublesome. The patient is continually wanting to void her urine, although she can only pass a few drops at one time.

At a more advanced stage of pregnancy, the urinary incontinence is owing to the pressure of the gravid uterus upon the bladder. In these cases, the patient is obliged to urinate very often, or it will pass away involuntarily, whilst coughing, etc. There is often considerable pain, amounting in some cases to scalding, in the passage of the urine, and the contiguous parts may be excoriated by the constant dribbling of urine.

Retention of urine, is an inability to pass the urine, and is, *prima facie*, the opposite condition to the foregoing. *Retention and incontinence of urine* are, however, strange as it may sound, in many cases, rather different in degree than in nature: this is especially true during pregnancy.

The causes of retention are,—the pressure of the greatly enlarged womb upon the neck of the bladder, the pressure of the child's head in labour, or an attack of piles.

The consequences of prolonged retention in these cases are most serious. A few hours' too long retention of the urine, in many cases, causes irremediable mischief. In child-birth, the pressure of the infant's head upon a distended bladder may result, if relief be not afforded by the patient's efforts or by the surgeon, in the rupture of that organ, and the death of the patient. In other cases, inflammation and ulceration result, and the urine escapes into the vagina, and a *vesico-vaginal* fistula is formed.

The reader is, further, referred to the article on "*Urinary Difficulties*," in Part VIII.

Note.—I hope the reader is sufficiently impressed with the importance of keeping the bladder relieved, especially in child-birth. In all these cases, if relief be not very soon afforded by the action of the proper homœopathic remedy, the urine should be drawn off with the catheter. I consider this caution to be necessary, because the engaged accoucheur may reside at a distance, or be unable to immediately attend, or an incompetent midwife may be in attendance.

Remedies.—*Nux Vomica*, *Cantharis*, *Pulsatilla*.

Nux Vomica is sufficient in simple cases, whether of incontinence or retention, caused by spasm.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat after one, two, four, or six hours, according to the nature of the symptoms.

Cantharis, for strangury, with burning ineffectual

efforts to urinate, or with the passage of a few drops of blood or acrid urine. Also after *Pulsatilla*.

DOSE.—See *Nux Vomica*.

Pulsatilla may be given for slight strangury during pregnancy.

DOSE.—See *Nux Vomica*.

MISCARRIAGE.

(*Abortion.*)

A MISCARRIAGE may occur at any time during the first six months after conception.

No time should be lost in procuring professional homœopathic aid, if a miscarriage threaten. Timely, skilful treatment will, in the greater number of cases, avert this misfortune. It should be remembered that a woman is more apt to miscarry the more often she has previously miscarried.

Causes.—Mechanical injuries, from blows, falls, strains, etc. The lifting of heavy weights, and all hard physical labour. Fashionable dissipation, late hours, dancing, tight stay-lacing, thin-soled boots; strong mental emotions,—grief, anxiety; the frequent reading of exciting novels or romances; strong tea and coffee; stimulants.

TREATMENT.

This is of two kinds.

The first may be termed prophylactic. It consists

of the proper medicinal, hygienic, and dietetic treatment during pregnancy.

The second kind is the treatment of the symptoms threatening miscarriage, and of the act of abortion itself.

Hygiene.—Regular, but moderate, physical exercise. This should consist of moderate morning walks, and of light household duties. Guard against the above-mentioned *causes*.

Diet.—The patient should abstain from all stimulants, coffee, strong tea; all highly-seasoned rich dishes, fat pork, rich pastry, new bread, etc. Pregnant women are especially subject to the symptoms of indigestion. See, further, the article on "*Indigestion, Dyspepsia*" (p. 384).

Threatening Miscarriage.—The patient must, as soon as the initiatory symptoms of miscarriage are experienced, at once assume and retain the horizontal position, until all danger is past. A lightly covered mattress is to be preferred, to a feather bed and a warm covering of an eider-down quilt or many blankets.

If the symptoms follow a mental shock,—grief, fright, etc.,—consult the article on "*Head Affections*" (p. 136).

Remedies.—*Arnica Montana*, *Aconitum Napellus*, *Belladonna*, *Opium*, *Secale Cornutum*.

Arnica Montana should be given immediately after the receipt of the injury (*e.g.* a fall, strain,

etc.). If the patient be frightened, one dose of *Opium* should precede this remedy.

DOSE.—One drop of the tincture, three globules, or two pilules, in a little water. Repeat in three, four, or six hours.

Aconitum Napellus, in case slight inflammatory symptoms arise, notwithstanding the use of *Arnica*.

DOSE.—Same as for *Arnica*. Repeat after two hours.

Belladonna is, as a rule, the best remedy, if a physical injury be not the cause of the threatening miscarriage. It may be given until the arrival of the professional adviser; if one of the other remedies be not more specifically homœopathic to the symptoms.

DOSE.—Dissolve six globules, two drops of the tincture, or six globules, in two tablespoonfuls of cold boiled water. Give a dessertspoonful for a dose, every two or three hours, until the arrival of the professional attendant.

Opium should be given immediately on the receipt of a fright during pregnancy. See, further, "*Head Affections, Effects of Grief, Joy*," etc. (page 136).

DOSE.—See page 136.

Secale Cornutum, for acute pains in the loins and back, round to the lower part of the abdomen, and bearing-down pains in the womb.

DOSE.—See *Arnica*. Repeat every two or three hours, until medical advice can be obtained.

FLOODING.

(*Menorrhagia.*)

THIS is a most serious condition. It is most frequently met with in childbirth, and is then due to an abnormal position of the placenta (afterbirth). The treatment of this variety will be attended to altogether by the attending accoucheur. In addition to the above, flooding may come on during early pregnancy, and result in miscarriage.

The loss of blood in flooding is often very great, and, if it be not checked, may terminate fatally.

No time should be lost in procuring the attendance of a properly qualified homœopathist.

Arnica Montana may be administered in the interim, if the flooding follow a blow or fall.

DOSE.—See the article on “*Miscarriage.*” Repeat every five or ten minutes.

Ipecacuanha may be given for this state, pending the arrival of a homœopathic practitioner.

DOSE.—One drop of the tincture, or three globules, or two pilules, in a little water, every ten, fifteen, twenty, or thirty minutes.

Note.—See, further, the articles on “*Miscarriage, Abortion,*” and “*Menstruation*” (Part IX.), in this work.

FALSE LABOUR PAINS.

THESE are not of the same origin as proper (true uterine) pains. They are uncertain, pinching, rather colicky; are felt more or less continually (*i.e.* are not paroxysmal); and are not generally of a fixed character. Another variety of pain (false) follows upon over-exertion in advanced pregnancy.

The treatment of these pains, as a rule, depends upon their cause.

Remedies.—*Arnica Montana*, *Chamomilla*, *Coffæa*, *Colocynthis*, *Pulsatilla*.

Arnica Montana.—See the articles on “*Flooding*” and “*Miscarriage*.”

Chamomilla, in slight and recent cases, with somewhat disordered digestion and bowels; wind.

DOSE.—Three globules, or one drop of the tincture, in a little water. Repeat every three, four, or six hours.

Coffæa, for these pains in nervous, excitable females. The patient is restless and wakeful. *Coff.* is not suited to coffee-drinkers (rather *Nux*).

DOSE.—See *Chamomilla*.

Colocynthis is of service in certain cases, where violent colicky pains follow a fit of passion. See the article on “*Head Affections*,” page 136.

Pulsatilla should be given after *Chamomilla*, or in alternation with that remedy.

DOSE.—See *Chamomilla*. Repeat every four hours, or every other three or four hours with that remedy.

Note.—Consult the articles upon “*Head Affections*,” page 136, and “*Indigestion, Dyspepsia*,” page 384, if any mental emotion, or disordered condition of the stomach, be the cause of the *pain*.

TRUE LABOUR PAINS.

THE pains during child-birth may be excessively severe, at the same time that the patient does not make much progress.

See, further, the last article (*False Labour Pains*).

Remedies.—*Pulsatilla*, *Secale Cornutum*.

Pulsatilla.—A few doses of this remedy may be first given.

DOSE.—One drop of the tincture, three globules, or two pilules, in a teaspoonful of water. Repeat three times, at intervals of two and three hours.

Secale Cornutum, in cases where *Puls.* does not relieve. The pains are very severe, the labour does not make progress, and the patient is faint and greatly exhausted.

DOSE.—See *Pulsatilla*.

Note.—*Cocculus* and *Nux Vomica* have proved more efficacious, in several instances, in my private practice.

AFTER LABOUR PAINS.

THESE are very different in degree and duration in different cases.

Some women suffer very little (if at all) after delivery, from these pains, whilst others do so severely and for a considerable time.

The constitution of the patient, the capacity of her pelvis, and the severity of her labour, exercise an important influence over the severity, or mildness, of these *after-pains*.

Arnica Montana is the specific remedy for these pains, in uncomplicated cases.

Dose.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat every three hours.

Aconite or *Belladonna* will be required at a later period, if there are symptoms of inflammation, or if the head be affected. Procure, early, medical advice.

Dose.— See *Arnica*.

Note.—These directions are only given in the case of there not being a homœopathic accoucheur in attendance. If symptoms of inflammation arise, consult a properly qualified homœopathist.

SORE NIPPLES.

THIS is a common and very painful condition, and is often a cause of dread to the patient and despair to the nurse.

Homœopathic physicians usually recommend an *Arnica* lotion for this affection. I think, however, that *Arnica* had better not be used in this complaint.* I have found the majority of cases yield to the use of *Calendula* lotion. I think a *shield* is of very little, if any, use, and it is always a source of great annoyance to the infant, even to causing the refusal of the breast. I have found properly-applied goldbeater's skin very efficacious. The infant should not be too often put to the breast.

The mother should, if possible, procure professional homœopathic treatment for this condition. Cracked nipples are not only a source of annoyance, and often of intense pain, to the patient, but they are fertile causes of abscesses of the breasts.

NURSING SORE MOUTH.

(*Aphthæ.*)

SUCKLING invariably causes sore mouth in women predisposed to that affection.

* I have a lady at the present time under treatment for erysipelas of both breasts, following the use of a *weak* *Arnica* lotion, for cracked nipples.

China and *Ac. Phos.** are the two best remedies, if the patient's general health suffer from a large secretion of milk.

Dose.—Take a drop of the tincture, or three globules, of *China*, in a little water, morning, noon, and night.

Other remedies are,—*Ac. Nitricum*, *Ac. Sulphuricum,** *Borax,** *Nux Vomica*.

See the article on "*Thrush*" (Part X.), p. 609.

MILK-LEG.

(*Phlegmasia Dolens.*)

MILK-LEG may be caused by too soon getting up after child-birth. The veins of one or both legs are inflamed, and the limb is greatly increased in size, and has a white glistening appearance. The patient has the usual symptoms attending violent inflammatory action. The secretion of milk is stopped. The pains in the *affected* limbs are excessive. Milk-leg is evidently far too important an affection for domestic treatment.

This disease, unchecked, results in extensive suppuration, and even mortification, of the affected limb.

* See foot-note, p. 160.

LOCHIAL DISCHARGE.

THIS is the discharge from the womb after child birth. It is at first bloody, then greenish and thick, and, becoming thin and watery, gradually disappears.

The patient cannot be considered safe from the danger of flooding as long as the discharge is of a bright-red colour. This period, however, falls altogether within the province of the attendant accoucheur.

In some cases, the discharge, instead of disappearing, continues for months. It will then be greenish, or yellowish, thick, and consist partly of purulent matter. It will be probably found, on examination with the speculum, that there is ulceration of the neck of the womb, or of the vagina.

This discharge is attended with great weakness, lassitude, pains in the loins, bearing-down pains, etc. Such a discharge, if the infant be early weaned, may prevent the return of the menses. See the article on "*Whites, Leucorrhœa.*" These cases are evidently altogether unfit for domestic treatment. Consult a skilful homœopathist.

Pulsatilla, *Mercurius*, and *Sepia* are the three principal remedies.

MILK-FEVER.

THE breasts become gradually distended with milk. The time that elapses before the secretion of milk is properly established (or, as it is usual to say, before the draught sets in) depends upon the constitution of the patient, and on the nature of her previous labour. The first secretion of the milk is accompanied by more or less inflammatory fever. The distention of the breasts should be early relieved by the infant.

The first milk is thin and serous, and promotes the expulsion of the *meconium* by its slightly relaxing properties (see, Part X., "*The Infant's First Motion*").

Aconitum Napellus should be given, if the patient be decidedly feverish, until the flow of milk is established.

DOSE.—Three globules, two pilules, or one drop of the tincture, in a little water. Repeat each morning and evening.

Belladonna, if the secretion be still delayed, and the patient become worse, and if the head be affected.

DOSE.—See *Aconite*.

Note. — Procure medical advice, if *Aconite* be not sufficient. This state may pass into a much severer type of fever, known as "*Puerperal Fever*," or "*Puerperal Peritonitis*."



PART X.

DISEASES OF INFANTS.

INFANTS, GENERAL REMARKS ON.

IN no class of ailments is the superiority of the *Homœopathic*, over the *Allopathic*, system of treatment more conspicuous than in those common to infancy. The advantages of homœopathy in childhood are these,—the organism, at that period, is more susceptible to the action of minute doses of medicine than it is subsequently, it not being, at so early a period, vitiated by the artificial and pernicious habits of civilized life ; again, the remedies employed are tasteless, or nearly so, at the same time that an infant cannot be persuaded to *make up his mind* to take a nauseous dose of physic ; whilst, on the other hand, at no period of life is medicine more needed than in early childhood. That this is the case is evident, for children are liable to the majority of the ills of the adult, and, in addition, to the numerous ailments which are incidental to infancy. Again, there is no danger of the medicinal action of a poisonous drug being set up in the child's system, such a danger being obviated by the small dose administered ; and, for the same reason, we can give, with impunity, medicines possessed of active properties, prohibitive of their employment in allopathic doses, in childhood.

This division treats of all those diseases, dangers, and troubles which are peculiar to infancy, as well as of others which, although not confined to that period, are then common. Any affections not treated of in this division can be consulted in other parts of this work; in these latter cases, however, it is necessary to proportion the dose to the age of the patient, if the infant's dose be not specified, in accordance with the directions given below.

INFANTS, DOSES FOR.

AN infant does not require more than an eighth, sixth, or fourth part of the dose prescribed in these pages for an adult; accordingly, wherever a table-spoonful is ordered as a dose for an adult, mix the same as directed, and give the child one, two, three, or four teaspoonfuls, according to his age—one teaspoonful* for an infant under two years of age; over two and under six years, two teaspoonfuls; over six and under fourteen years of age, half the dose for an adult. Medicine is, however, most conveniently administered to infants in arms in globules, dry, upon the tongue; in these cases, give one or two globules.

* An infant of very tender age will not take the whole teaspoonful, but only a part, wasting the remainder; it is generally, however, sufficient.

INFANTS, APPARENT DEATH
(ASPHYXIA) OF.

NEW-BORN infants (of weakly constitution, after protracted labours, etc.) are sometimes in a state of suspended vitality, which, if it be neglected, will be a state of death.

Symptoms.—The infant either does not breathe at all, or very imperfectly and feebly. If the child be still attached (the cord not being tied) to the mother, the cord, as well as the heart of the infant, can be felt pulsating, if doing so at all, very feebly. If any pulsation, however weak, can be detected, there is good ground for hope; if it altogether cease for several minutes, all efforts are unavailing.

TREATMENT.

Efforts to promote respiration should be made before the cord is tied.

Firstly.—Wrap the child in flannel, and sprinkle cold water on the face and chest; next, rub the chest with brandy, or with the spirit most readily procurable, briskly with the palm of the hand; if the child do not readily come to with these applications, the medical attendant (who will by this time have arrived) at once proceeds to set up artificial respiration. Whilst carrying out the above-mentioned directions give one of the following homœopathic remedies.

Remedies. — *Antimonium Tartaricum*, *Opium*, *Aconite*, *China*.

Antimonium Tartaricum, in cases of apparent death, with slight pulsation of the cord, and if the face be red and bloated.

DOSE.—Put one globule upon the tongue. Repeat every five minutes, four times if necessary.

Opium should be next given if the *Antimonium Tartaricum* produces no improvement within twenty minutes. The face is bluish.

DOSE.—The same as for *Antimonium Tartaricum*.

Aconite Napellus.—This remedy is indicated, in cases where the vessels, having pulsated, cease to do so; where the face is red and bloated, and the body is warm. The infant appears to have an apoplectic fit.

DOSE.—The same as for *Antimonium Tartaricum*.

China.—If the mother be of a very weak constitution, or if she suffer from loss of blood by flooding. The infant is pale, as if he had been bled profusely.

DOSE.—The same as for *Antimonium Tartaricum*.

INFANTS, TREATMENT AFTER THE BIRTH OF.

Washing the Infant.—Respiration being fully established, the cord tied and divided (by the attending accoucheur), and the child entirely separated from the after-birth and mother, the infant is, in the first place, washed. Whilst preparing the bath, the child should be put in a soft flannel wrapper, warmed to ninety-five or one hundred degrees of Fahrenheit.

The sooner the child is washed the better, the danger of catching cold being proportionately lessened. The greasy, cheesy-looking matter which, at birth, covers the infant, is best got rid of by first rubbing the skin with a little olive oil; after which the entire body of the child is to be washed with tepid water and soap;* or, instead of the soap, fine bran may be put into the water, and the child sponged over with it. Afterwards, carefully dry the child with a soft napkin or an *old* towel.

Next, dress the remnant of the cord which is attached to the navel. In the first place, fold a piece of soft linen half-a-dozen times, so that it measures about six by three inches; then cut a hole through the centre of the folded linen; next pass the end of the *cord* through the hole, and

Unscented, transparent soap is the purest and least irritating.

wind a strip of fine soft linen round the cord, and afterwards, double one half of the folded linen over the other half, so that the remnant of the cord lies snugly placed between the folds, and inclined upwards towards the chest. The whole is to be kept in position by a flannel bandage passed round the infant's belly. The infant, in a warm flannel wrapper, is to be then placed by the mother's side. The flannel bandage is to be kept on until the remaining portion of the cord, and the ligature comes away; this usually happens about the sixth or seventh day.

INFANTS, WASHING OF.

THE regular performance of this process is important; every infant ought to be washed twice a-day, morning and evening. The washing is best done by immersion in a bath of tepid water. After the bath, dry the skin thoroughly with a soft napkin, or an old towel, and dust all the joints and creases with unscented powder. Tepid water is to be employed during the first year, after which, during the summer weather, it should be gradually changed to cold.

The cold bath, in summer, may be substituted for the warm at once, after the first month, and

with the best results. Cold bathing is the best protection to the infant, as well as to the adult, against catching *cold*.

THE DRESS.

This should be suited to the season of the year; it should be light and simple, and at the same time allow of perfect freedom of motion. The arms and neck should be covered as well as the legs, for an infant is as susceptible to chills, even more so, as an adult. Lastly, the infant should not wear caps, nor long clothes, nor should he be *swaddled* in any way. With regard to the first, a child's head should be kept cool, as infants are especially liable to head affections, from teething, etc.; with regard to long clothes, they confine the lower limbs, preventing freedom of motion, and interfering with the digestive process, and they are a frequent cause of distortion and weakness of the lower limbs.

INFANTS, THE FIRST MOTION (MECONIUM*).

THE greater part of the *meconium* is ordinarily expelled from the child's bowels at, and a few

* The *meconium* is a substance of a dark bottle-green colour, occupying the infant's bowels at birth.

hours after, birth; it never requires the irritating influence, for its expulsion, of castor oil, or of any other purgative medicine. Attention should be paid to this, as nurses always wish to administer something or other, of which the least actively injurious is a little brown sugar and water. See "*Treatment.*"

The milk of the infant's mother is changed in its properties according to the former's age and requirements. *At the birth*, the milk contains much less *caseine* and *cream* than afterwards, and at the same time it is somewhat laxative in its action. For this reason, and to prevent distention of the breasts of the mother, the infant should be put to the breast about the sixth hour after birth. The guide to the exact time is the condition of the mother,—if she feel at the sixth hour too much exhausted by the labour, or of necessity, if she have no milk so early, it must be deferred for a few hours.

If, after taking the breast, some little time passes and the meconium still remain unexpelled, follow the directions given under the head of "*Treatment.*"

Lastly, one fact is well worthy of recollection, namely, that the administration of castor oil is more injurious to the child than a slight delay in the expulsion of the meconium.

TREATMENT.

If there should be no motion six hours after

putting the child to the breast, and, in cases where the mother has no milk, the nurse should give the child two or three teaspoonfuls of sugar and warm water: if no evacuation take place, she must apply an enema* of tepid water. At the same time administer one of the following remedies, repeating, if necessary, the dose, as directed.

Remedies.—*Bryonia*, *Nux Vomica*, *Opium*.

Administer, in the first instance, *Bryonia*; afterwards *Nux Vom.*; the motion still failing, give one dose of *Opium*, and send for a homœopathic practitioner (see “*Constipation of Infants*”).

In most cases it is advisable for the mother, or wet-nurse, to take the same remedy as the infant.

DOSE.—*The Infant*: One globule, dry, on the tongue, or dissolved in half a teaspoonful of water. Repeat, if necessary, after two hours, twice. *The Mother*: Dissolve four pilules, six globules, or two drops of the tincture, in three tablespoonfuls of water, and take one tablespoonful for a dose.

INFANTS, SWELLING OF THE HEAD OF.

AN infant's head, immediately after birth, is generally more or less swollen; this is owing to the pressure it has been subjected to during birth.

* An injection into the bowel (fundament) by means of an infant's enema bottle.

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In most cases it is of little importance, and disappears spontaneously, but, in others, owing to a difficult protracted labour, it may be of a more serious character, and require treatment.

TREATMENT.

Severe cases require both external and internal treatment; mild cases require the latter only.

Remedies.—*Arnica Montana*, *Rhus Toxicodendron*, *Calcarea Carbonica*.

Arnica.—If the swelling be slight, give this remedy internally only; if, however, it be considerable, apply externally a lotion of the same remedy.

Dose.—Give one globule, dry, upon the tongue, or dissolved in a few drops of water in a teaspoon. Repeat every four hours, three or four times, if it be necessary.

EXTERNAL APPLICATION.—Make a lotion by dropping four drops of the *Concentrated Tincture of Arnica* into six tablespoonfuls of water. Apply a compress moistened with this lotion.

Rhus Toxicodendron, if the swelling be over the fontanelle,* and it be not reduced after thirty-six hours' use of *Arn.*, should be given. These are of a more serious character than the ordinary swelling, and often contain fluid.

Dose.—Same as for *Arnica*.

Calcarea Carbonica, in cases where the fonta-

* A portion of the infant's skull which remains open (*i. e.* not ossified, not closed by bone) at birth, and for a few years afterwards, and at which spot the brain can be seen pulsating.

nelles are very long in closing, give this remedy at considerable intervals.

Dose.—Two globules, dry, on the tongue. Repeat on alternate mornings, for twelve days.

Note.—As this swelling may be confounded with a more serious variety of bloody tumour (*Cephal-æmatoma meningeum*) of the head (likewise affecting new-born children), it is advisable to obtain professional assistance if no progress be made within twenty-four hours.

Swelling and injuries of the head are especially met with in cases where recourse has been had to instruments during the delivery.

INFANTS, BRINGING UP BY HAND OF.

(See article on *Weaning*.)

WHAT is the best diet for an infant from its birth?

Doubtless the milk of the child's mother, such being provided by *nature* for its support, is the best.

Many mothers are, however, unable or unwilling to suckle their own children.

A mother who does not suckle her own child, being unwilling so to do from a conventional feeling, or from a dislike to the restraint imposed upon a mother who suckles, procures a wet-nurse

as a substitute, to perform the mother's *natural duty*.

Such a system is to be deprecated for various reasons, but principally on account of the cruelty it involves to the nurse's own infant, necessitating the bringing of it up, unnecessarily, by hand; if allowable at all, it can only be so in those cases in which the nurse's infant is dead.

A mother may, however, be unable to fulfil a mother's part; being prevented by a suppression of milk, or by extreme delicacy of constitution.

If, being so situated, she is *unwilling* or *unable* to procure the assistance of a wet-nurse, she must bring the child up *by hand*. The question then arises,—what is the best nourishment procurable in such a case? The answer should be obvious, namely, the closest possible imitation of mother's milk.

The common substitutes, recommended and given by nurses in such cases, as arrowroot, biscuit, cows' milk with or without water, and the various sorts of infants' food, should be decidedly avoided, their composition chemically bearing little resemblance to that of mother's milk.

The greater mortality existing among children brought up by hand, to that among infants who have not been deprived of their natural aliment, may be attributed to the want of similarity.

Modern chemistry has here given us her aid, and shown us how cows' milk can be prepared so as to

present a very close imitation of human milk, though not identical with it. This composition has been found to succeed practically as well as it could be expected, *a priori*, to do.

Cows' milk contains a much larger proportion of caseum than human milk; mother's milk contains a much larger proportion of sugar of milk. To produce the desired substitute, it is requisite to dilute the milk with water, so as to reduce the proportion of the caseum existing therein to a level with that of the caseum contained in human milk; at the same time the deficiency of the sugar of milk must be corrected by the addition of that substance.

DIRECTIONS.—“Dissolve one ounce of sugar of milk in three-quarters of a pint of boiling water, and mix with an equal quantity of good fresh cows' milk; let the infant be fed with this from the feeding bottle in the usual way.

“Always wash the bottle after feeding, and put the teat into cold water, letting it remain until wanted again.”*

It is advisable to ascertain the purity of the milk employed, and if it be of a poor quality to add a little cream.

The food, prepared as above-mentioned, should be just tepid, and be always administered, day and night, of the same temperature. Month by month, as the child advances, is the proportion of the sugar of milk, and of the water, to the milk, to be diminished.

* “Remarks on the Food of Young Infants,” by the late Mr Turner.

SUCKLING, EMOTION OF THE
MOTHER.

IN cases where the child is suckled, the mother must, after any strong emotion, withhold the breast for some time, drawing off the first milk before again putting the infant to it. In case the emotion be one of long continuance, or likely to be so, as from grief at the loss of a dear relative, it is advisable to wean the infant at once, or, if the child be very young, to procure a wet-nurse (see the article on "*Wet Nurses*").

The mother should, immediately after any sudden emotion, take a dose of *Opium* (see, further, the article on "*Head Affections*," p. 136).

DOSE.—Three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water. Do not repeat the dose.

INFANTS, WET-NURSES FOR.

It is foreign to my purpose to discuss in these pages the right or wrong in connexion with the employment of wet-nurses; suffice it to say that, for various reasons, it is oftentimes highly expedient, and even advisable. Great care is necessary in the choice of an efficient substitute for the

performance of the maternal functions, to guide which the following directions are given.

Great circumspection is required, because the child can contract the diseases of the wet-nurse, through the milk and the nipples.

Firstly, The nurse should be closely examined by the medical attendant, to ascertain the absence of all recognisable contagious diseases, also her infant if alive,—especially all those of syphilitic and scrofulous origin.

Secondly, The confinements of the mother and of the nurse should have taken place at the same time ; if, however, any difference exist, it should be that the nurse's confinement was before that of her employer.

Thirdly, The age of the nurse should be near to that of the mother ; in this case, if any difference exist, it is to be in favour of the nurse.

Fourthly, and *lastly*, A robust female is preferable to one of delicate organization ; accordingly, a young woman who has lived in service is to be preferred to a sempstress.

INFANTS, CRYING OF,—COLIC, WIND.

General Remarks.—The crying of infants immediately after birth is a natural effect of a natural

cause, and if it be loud, it is a sign of vigour in the child. Other causes of crying different from the above, and which are susceptible to medicinal treatment, are treated of below ; it is here treated of in a distinct form.

Causes.—The crying and irritability of an infant may depend upon mechanical causes, the pricking of a pin, or the napkins require to be changed, etc. The almost universal cause, however, of crying in infants is colic or wind. Hand-fed children are especially liable to suffer from this complaint. Colic, in infants at the breast, generally depends upon the milk being affected, by a cold, or by change of diet, or by some emotion of the mother. Colic and crying, and convulsions, commonly occur in infants suckled by wet-nurses, who are not chosen in accordance with the rules given in the article on "*Wet-Nurses*."

Symptoms.—These are,—violent fits of crying ; refusing to take the breast ; swelling of, and rumbling in, the belly.

TREATMENT.

The crying of infants, from colic and wind, would be rarely met with if the advice given in "*Bringing up by Hand*," and in "*Weaning*," were always followed. Relief is often afforded by rubbing the abdomen with heated flannel.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Bry-*

onia, Chamomilla, Coffæa, Colocynthis, Ignatia, Mercurius, Nux Vomica, Pulsatilla, Sulphur.

Aconitum Napellus is indicated by crying and restlessness, accompanied by general heat and by redness of the cheeks, or of one only. *Aconite* is more often indicated towards night, for the above-mentioned symptoms, than in the daytime.

DOSE.—One or two globules, dry, upon the tongue; or dissolve three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, and give one teaspoonful for a dose. Repeat, after an interval of two hours, once, if necessary.

Belladonna, in cases where *Coffæa* is insufficient. The brain is greatly excited, and the face is pale.

DOSE.—See *Aconite*. Repeat once, if necessary, after an interval of four hours.

Bryonia, for painful difficulty in the expulsion of a large stool, with constrictive colic. The bowels are always constipated, from a tendency to an insufficient secretion of bile.

DOSE.—Same as for *Aconite*. Repeat every three hours, three or four times.

Chamomilla is indicated by,—green and loose stools; colic; wind; startings, violent screaming, induced by the violence of the colic; redness of the face. In cases brought on by anger, of the mother or wet-nurse.

DOSE.—See *Aconite*. Repeat every one to three hours, or give half a dose, and repeat in thirty minutes.

Coffæa, in cases where the infant, through the mother, is of a very easily startled, nervous dis-

position; also in cases where the mother is excited, by talking, seeing friends, or drinking *chamomile tea*, shortly before giving the breast.

DOSE.—See *Aconite*. Repeat once, after an interval of two hours; or every hour, repeatedly, if the cause of the disturbance be continued.

Colocynthis, in cases where other remedies (*Merc.*, *Cham.*) fail to afford relief. The symptoms are those of violent colic—the legs drawn up, the body bent, and the head thrown back. Stools resembling those in dysentery.

DOSE.—See *Aconite*. Give one dose only, at the height of the paroxysm.

Ignatia, for convulsive crying, caused by the grief and anxiety of the mother; the latter experiences the sensation of a ball rising in the throat.*

DOSE.—See *Aconite*. Repeat every two hours, during the paroxysm; and at the time of putting the infant to the breast, if the mother's depression of spirits continue.

Mercurius, for crying, from the pain of a colicky diarrhoea (see "*Infants, Diarrhoea of*," and the article on "*Diarrhoea*"). Greenish and frothy stools, sometimes bloody, with straining; resembling dysentery. *Merc.* is often given in alternation with *Coloc.*

DOSE.—See *Aconite*. Repeat after each stool, or every three hours, twice.

Nux Vomica, for crying caused by colic from

* See "*Suckling*."

indigestion, accompanied by constipation and ineffectual efforts at stool.

DOSE.—See *Aconite*. Repeat every four hours, three times, if necessary.

Pulsatilla, for crying, caused by windy colic, after fat indigestible food, pastry, etc., often with diarrhoea. In fair children, disposed to styes on the margins of the eyelids.

DOSE.—See *Aconite*. Repeat every four hours, three times.

Sulphur, in alternation with *Nux Vomica* or *Mercurius*, or as an intermediate remedy, in cases where those remedies cease affording relief. It is sometimes advisable, after the lapse of six hours, to return, if the symptoms continue, to the previously-administered remedy.

DOSE.—See *Aconite*. Give the little patient a dose, three hours subsequent to the second, or third, dose of *Nux* or *Merc.*, as the case may be.

INFANTS, JAUNDICE OF NEW-BORN.

Causes and Symptoms.—New-born infants very commonly have this complaint; the prematurely born, and others with dark complexions, are the more frequently affected. In some cases the jaundice is owing to the medicine (castor oil) given to expel the meconium, to the use of an infusion of *Chamomiles*, or to a sudden chill. The symptoms

of jaundice appear about the third or fourth day after birth, and the attack lasts from three days to a week, or more. If the whites of the eyes have no yellow tinge, and if the excretions are natural, the little patient gets well with dietetic treatment. Additional symptoms are,—the whites of the eyes are tinged yellow; a yellowish discharge from the eyes; bilious stools, and yellow urine.

TREATMENT.

Diet and Hygiene.—Pay every attention to the diet of the mother and the child. The infant should be restricted to the use of the breast. The diet of the mother should be simply nutritious, easy of digestion, and not stimulating; she should not take any stout, etc. The temperature of the apartment should be equable rather than warm, and be free from all draughts.

Remedies.—*Chamomilla*, *Mercurius*, *China*, *Nux Vomica*.

Chamomilla.—If the attack be caused by chill, or by a violent fit of passion. The skin is yellow; the infant cannot sleep, or his sleep is much disturbed; his mouth is dry; his face is hot; and his stools are slimy. If an infusion of *Chamomiles* has been administered, see the next remedy.

DOSE.—One or two globules, dry, upon the tongue. Repeat every three hours, twice, then at intervals of four hours.

Mercurius.—This is the best remedy if *chamo-*

mile tea be the cause of the jaundice; or if *Chamomilla* be insufficient for its cure.

DOSE.—Same as for *Chamomilla*. Repeat after four hours, once, then after six hours.

China, in cases where relief is afforded by *Mercurius*, but where the child has a relapse. It may be advantageously given in alternation with *Mercurius*.

DOSE.—See *Chamomilla*. Repeat every six hours; or on alternate four hours with *Mercurius*.

Nux Vomica is indicated if there be constipation, with or without vomiting.

DOSE.—See *Chamomilla*. Repeat every six hours; or, alternately with *Chamomilla* or *Mercurius*, every other four hours.

Note.—See, further, the article on “*Jaundice*.”

INFANTS, VOMITING OF MILK, SICKNESS OF.

General Remarks. — This is a very common affection, and an anxious one to parents, of infants. If the returned milk, of infants at the breast, be curdled, it shows that the digestion is good, but that the stomach has been overloaded. If the milk be returned uncurdled, it is evidence of a weak state of the organs of digestion, a condition requiring medicinal and other treatment. Hand-fed

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and recently-weaned children often suffer with vomiting.

TREATMENT.

A proper change of diet is, in the case of weaned or hand-fed infants, often sufficient to effect a cure. For additional information, see the articles "*Weaning*," "*Bringing up by Hand*," "*Indigestion*," etc. If, however, it continue, administer the appropriate remedy.

Remedies.—*Ipecacuanha*, *Pulsatilla*, *Nux Vomica*, *Bryonia*.

Ipecacuanha is generally beneficial in cases where the vomiting depends upon an overloading of the stomach, or indigestion, more especially if, in addition, the bowels are relaxed. If the symptoms continue, see the next remedy.

DOSE.—One globule, dry, upon the tongue; or, dissolve four globules, two pilules, or one drop of the tincture, in a dessert-spoonful of water, and give one teaspoonful for a dose. Repeat after every attack of vomiting, three or four times.

Pulsatilla often gives relief in cases where *Ipecacuanha* fails to do so.

DOSE.—See *Ipecacuanha*. Repeat in like manner, or every three or four hours.

Nux Vomica is indicated, if the vomiting be accompanied by constipation, and in cases where the uneasiness is caused by improper food.

DOSE.—The same as for *Ipecacuanha*. Repeat every four hours, three times, if necessary. See *Bryonia*.

Bryonia.—See *Nux Vomica*. Especially in cases where the stool is large and passed with difficulty. *Bry.* may be alternated with *Nux*.

DOSE.—The same as for *Nux Vomica*. Repeat every four hours, or on alternate three hours with *Nux Vomica*.

Chamomilla should be given, if there be sour vomiting, with acid diarrhoea; the infant is very restless.

DOSE.—See *Ipecacuanha*. A dose every two, three, or four hours, according to the severity of the symptoms.

China is of great value in this complaint, especially in cases where the vomiting is accompanied by diarrhoea. In cases where the vomiting is caused by fat food; or where the child's digestion has been weakened by old-system laxatives. *China* is further indicated by vomiting recurring at regular intervals, an indication characteristic of *Ipecacuanha*.

DOSE.—See *Ipecacuanha*. In recent acute attacks, repeat every three hours, until better, four times; in chronic cases, three times daily, for three or four days.

THRUSH.

Causes.—This disease is met with among weakly and unhealthy infants, especially in hand-fed, or premature, children, or in cases where the mother has an insufficient supply of milk.

Symptoms.—Small vesicles, or aphthæ, appear

on the lining mucous membrane of the mouth and throat. These aphthæ are small superficial ulcers, covered over with a white cheesy substance; they appear in patches on the mucous membrane of the cheeks, lips, and gums. They sometimes lie so close that their cheesy-looking covering becomes continuous, effectually hiding large portions of the red membrane lining the mouth. Though thrush is spoken of as appearing only in the mouth and throat, it is not necessarily confined to those parts, but it extends, in bad and fatally-ending cases, right through the intestinal tube.

TREATMENT.

Hygiene. — Give every attention to the food, washing, drying, and dressing of the child. The child's mouth should be rinsed out with a little cold water, frequently. Dissolve some of the remedy employed internally in the water used to rinse out the mouth with.

Preventive. — Thrush cannot be entirely prevented from attacking sickly and weakly infants; however, proper attention to diet, to cleanliness, and to ventilation, and the removal of every condition having any depressing influence upon the infant, diminish greatly the chances of an attack.

Remedies. — *Borax, Mercurius, Hepar Sulphuris, Acidum Nitricum, Arsenicum, Carbo Vegetabilis, China, Nux Vomica, Sulphur.*

Borax, well known as a popular local applica-

tion, is homœopathic to mild forms of this disease : the child refuses the breast, and screams when sucking ; the lining of the roof of the mouth looks shrivelled ; small blisters are seen on the tongue, also in patches, which are, however, separate.

LOCAL APPLICATION.—Wash out the mouth with a weak solution of this salt, more especially the patches, five or six times in the twenty-four hours. No internal preparation of this remedy is needed, as sufficient of the salt is absorbed by the mucous lining of the mouth.

LOTION.—Dissolve three grains of *Borax* in six tablespoonfuls of water.

Mercurius is to be given when the eruption is continuous, when there is profuse flow of watery saliva from the mouth, and the vesicles are inclined to ulceration. The mouth has a bad smell.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in six teaspoonfuls of water. Give one teaspoonful for a dose. Repeat every four hours.

Hepar Sulphuris is often sufficient for the cure of any remaining ulceration of the tongue and mouth. Profuse secretion of saliva.

DOSE.—Same as for *Mercurius*. Repeat every six hours, or morning, noon, and night.

Acidum Nitricum, for vesicles upon the tongue, especially its edges, and ulceration of the gums, inside of the cheeks, roof of the mouth, and back part of the mouth.

This remedy should be administered if *Mercurius* fail to cure this affection. The running of saliva is acrid, excoriating and offensive, and its contact

with the neighbouring parts causes the formation of fresh sores.

DOSE.—See *Mercurius*. Repeat after an interval of four or six hours.

Arsenicum is indicated in a very advanced and dangerous form of thrush, in cases where the ulceration has probably extended far down the alimentary canal; the aphthous ulcers have a very unhealthy aspect, and bleed readily; the little patient is greatly prostrated and emaciated, as though consumed by the low fever.

DOSE.—Same as for *Mercurius*. Then wait six hours.

Carbo Vegetabilis may be administered if the last-mentioned remedy fail to relieve, and if professional homœopathic advice cannot be obtained.

DOSE.—See *Mercurius*. Wait six hours, and then repeat, if improvement have taken place; otherwise, repeat the *Arsenicum*.

China may be beneficially given in some cases, either in alternation with some immediately more specific remedy, or at a later period, if the child have during the progress of the thrush suffered from any profuse debilitating discharge.

DOSE.—See *Mercurius*. Repeat morning, noon, and night; or, if taken in alternation with another remedy, every other three hours.

Nux Vomica is useful for constipation, with acidity of the stomach; where the thrush is evidently dependent upon gastric derangement. *Nux* may be given alone, or in alternation with another remedy.

DOSE.—Same as for *Mercurius*. Repeat every three hours.

Sulphur is indicated in cases where the previous remedies give no further relief; where there is sour smelling breath, and there are eruptions on the skin.

DOSE.—Same as for *Mercurius*. Repeat every three hours.

INFANTS, HICCOUGH OF.

THIS trifling affection is a symptom little deserving of notice; mothers, however, are sometimes alarmed, thinking it may be the precursor of a more serious affection. Hiccough will rarely, if ever, occur, if proper care be taken to guard the child against exposure, during dressing, to cold. The early application of warmth to the child, and the breast, are generally sufficient. In cases where hiccough is persistent, it is a symptom of disease, and will need attentive consideration. See "*Cold in the Head*," "*Indigestion*."

Remedies.—*Nux Vomica*, *Sambucus*, *Antimonium Tartaricum*.

Nux Vomica is sufficient in almost all cases.

DOSE.—One globule, dry, upon the tongue. Repeat after a lapse of four hours.

Sambucus, in more serious cases, where the spasm approximates towards a suffocating paroxysm of *Asthma*.

DOSE.—Same as for *Nux Vomica*. Repeat after an interval of three hours, or during the next paroxysm.

Antimonium Tartaricum, if the hiccough be accompanied by, or, apparently, be caused by, the rattling of phlegm in the chest.

DOSE.—Same as for *Nux Vomica*. Repeat in a like manner.

INFANTS, COLD IN THE HEAD, CORYZA OF.

EARLY attention should be given to this complaint of infants, as it is often but a first stage of another affection, *e.g.* measles, scarlet fever, etc. Infants suffer extremely from catarrh, its symptoms,—which are commonly spoken of as, the head being stopped up,—interfering with the respiration and with suckling.

Causes.—These are any sudden change of temperature from heat to cold, or any suppression of respiration, which is so free in infancy about the head. The wearing of caps and swaddling, or long clothes, renders infants more susceptible to variations of temperature.

Symptoms.—These are,—more or less fever at the commencement; inflammation and dryness of the nostrils, extending back to the windpipe; stopping up the head; there is also considerable wheezing, and difficulty in taking the breast; sneezing. These symptoms are followed by,—

running from the nostrils, with excoriation, and by watering of the eyes.

TREATMENT.

If the breathing and the process of sucking are much affected, it is advisable to, partially if not entirely, feed the child by hand. See "*Bringing up by Hand*," and "*Infants' Food*." The application of, to the nostrils, a little sweet oil or glycerine, relieves the irritation of those parts.

For further information as to the treatment of this affection, see the separate article on "*Cold in the Head*," also that on "*Catarrh*."

Remedies. — *Aconitum Napellus*, *Nux Vomica*, *Mercurius*, *Chamomilla*, *Euphrasia*, *Pulsatilla*.

Aconitum Napellus affords relief, at the commencement, to the fever present, accompanied by sneezing and hurried breathing; also restlessness and irritability.

Dose. — One or two globules, dry, upon the tongue; or, dissolve two pilules, or one drop of the tincture, in a dessertspoonful of water, and give a teaspoonful for a dose. Repeat every three hours.

Nux Vomica is very beneficial in the dry stage, preceding that of discharge from the head; also in cases where there is watery discharge from the nose during the day, the head being stopped up at night; the head feels heavy; the bowels are constipated.

Dose. — Same as for *Aconite*. Repeat every four hours.

616 INFANTS, COLD IN THE HEAD, CORYZA OF.

Chamomilla.—This remedy is very useful for the catarrh of young infants, which is so often caused by repelled perspiration; in cases where there are,—shivering with internal heat, and drowsiness; the nose is obstructed with a copious flow of mucus.

DOSE.—See *Aconite*. Repeat every three or four hours, four times.

Mercurius is very useful for cold in the head, with frequent sneezing, and a profuse discharge from the head; the nose is red, shining, and swollen, and sore and itching; the child perspires freely, especially at night. *Merc.* is especially suited in those cases where *Cham.* fails to relieve.

DOSE.—See *Aconitum Napellus*. Repeat every four hours, three times.

Euphrasia is indicated in somewhat rare cases, where the eyes are much affected; with smarting watery discharge (of tears), and with a profuse running discharge from the head, with sneezing.

DOSE.—See *Aconite*. Repeat every four hours.

Pulsatilla, in cases where the symptoms are worse in the evening; the discharge is thick, offensive, and greenish, sometimes bloody. Fair, fat infants, with blue eyes. Styes on the eyelids, or diarrhoea, are additional indications for this remedy.

DOSE.—See *Aconite*. Repeat every three or four hours, four times.

INFANTS, CONSTIPATION OF.

INFANTS brought up by the hand are more subject to this complaint than those that are nourished at the breast. In cases where it occurs in children at the breast, it generally depends upon the diet of the mother* (or wet-nurse), or else to a predisposition on her part to a confined habit of body. Often the altering the diet of the infant, or of the mother (should the child be at the breast) is sufficient. Should this not be the case, administer the homœopathic remedy indicated by the symptoms. Prolonged constipation in infants is followed by serious, and sometimes fatal, results.

Symptoms.—As well as constipation (which is itself a symptom), the little patient may have the belly swollen; much restlessness, and irritability of temper; loss of appetite; difficult respiration, and, if the constipation be prolonged, convulsions.

TREATMENT.

Diet.—In the first place, alter the diet of the infant, or mother, or of both, if necessary, as the case may be. Next, if the child's bowels continue inactive, administer an *enema* (injection, lavement),

* Improper diet, taken by the mother, is a frequent cause of infantile complaints, *e.g.* of restlessness in the infant, induced by the partaking of coffee by the mother.

to the lowest bowel, of a few tablespoonfuls of tepid water, or milk and water. At the same time, administer the most suitable homœopathic remedy. If, after twelve hours, the bowels are still inactive, and professional homœopathic aid be not at hand, repeat the injection. If the child be at the breast, the mother is to take an adult's dose of the remedy that is given to the infant.

For additional particulars, consult the article on "*Constipation.*"

Remedies.—*Nux Vomica*, *Pulsatilla*, *Bryonia*, *Opium*, *Mercurius*, *Sulphur*.

Nux Vomica.—In the majority of cases this remedy is alone sufficient to excite a proper action of the bowels; it does so on account of its suitability to symptoms dependent upon gastric derangement, so generally the cause of infantile complaints. *Nux Vom.* is specific in cases where the constipation of the infant is caused by the drinking of *coffee* by the mother or wet-nurse. The bowels are distended; there is much restlessness; deficient appetite; nausea, especially after a meal; headache. The stool is costive, large, and hard; there are frequent ineffectual efforts at stool. *Sulphur*, in many cases, may be given in alternation with *Nux*, with advantage.

DOSE.—One or two globules, dry, upon the tongue; or dissolve four globules, two pilules, or one drop of the tincture, in a dessert-spoonful of water, and give one teaspoonful of the mixture for a dose. If it be necessary, after an interval of three hours, repeat the dose.

Pulsatilla is not very often indicated in constipation, and then it is only in children of lymphatic temperament; therefore, especially for female infants having fair hair and complexions, blue eyes, and easy temper. The symptoms indicating *Puls.* are like those of *Nux Vomica*.

DOSE.—See *Nux Vomica*. Repeat, after an interval of three hours.

Bryonia may be given with benefit in alternation with *Nux Vomica*. It is especially suited to constipation in the summer months, accompanied by chilliness; also in cases where the stool is large, and passed with difficulty. *Bryonia* is suited to children of irritable disposition.

DOSE.—Same as for *Nux Vomica*. Repeat in like manner.

Opium, in cases where there is no desire for stool. The bowels remain in a completely torpid (paralyzed) state. The symptoms are,—loss of appetite; heat and congestion of the head, with headache, and flushed face. The symptoms are, in fact, those of threatening inflammation of the brain.

DOSE.—Same as for *Nux Vomica*. Repeat, if it be necessary, after an interval of six hours.

Mercurius.—This remedy is to be given in cases where there are, in addition to the constipation, bilious symptoms. This state of the bowels may succeed to a cold. Symptoms are,—increased flow of saliva; soreness of the gums; whitish or yellowish coated tongue.

DOSE.—See *Nux Vom.* Repeat every four hours, or on alternate three hours, with *Nux*.

Sulphur is especially indicated if the constipation be a chronic complaint, and if *Nux Vomica* fail to relieve the symptoms.

DOSE.—Same as for *Nux Vom.* Repeat (in chronic cases) morning and evening, for a week. In other cases, on alternate three hours with some other remedy.

INFANTS, DIARRHŒA OF.

General Remarks.—The bowels are relaxed if the motions are loose, and take place too frequently. Infantile diarrhœa is of necessity much more loose (watery) than that of adults, the healthy stool of an infant being comparatively loose. The diarrhœa of an infant is healthy or unhealthy. If it be the former, it is healthy because it is a critical symptom of one of the rashes (*e.g.* gum rash), or of teething, to which infants are subject, and it is in that case productive of relief (preventive of danger of inflammation) to the brain. If it be an unhealthy diarrhœa, it is so because it is a symptom of disease or of an unhealthy condition of the digestion that needs to be got rid of, *i. e.* cured. In the former class of cases, however, the diarrhœa requires to be carefully watched, it being apt to become chronic and to exert a very debilitating influence on the little patient.

In every instance of diarrhœa being symptomatic

of a complaint treated of separately, the reader is directed to the proper article. See, further, the article on "*Diarrhœa*."

Causes.—For diarrhœa when teething, see the article "*Teething*;" for diarrhœa with worms, see "*Worms*;" others are, "*Thrush*," "*Convulsions*," "*Colic*," "*Dysentery*," etc.

The most common causes of this complaint are, —errors in diet, either of the child or the mother, as the case may be. Young weakly infants are affected by it after the castor-oil or rhubarb, given by a nurse to get rid of the *meconium* (see "*Infants, First Motion of*"), or to check some slight diarrhœa, easily removed by an alteration in the diet. Diarrhœa comes on in cases where the infant is frightened, either directly or indirectly, through an emotion of the mother.

Symptoms.—The motion of a healthy infant, at the breast, should be discharged once in every six to eight hours. Diarrhœa exists if the motion be watery, and be too frequent. The stools are yellow, green, or brown, and they may be streaked with blood; they may also be frothy, or slimy, or mixed with large quantities of mucus (phlegm). If much slimy mucus be passed, search for worms (see "*Worms*"). The motions are sometimes particularly offensive. Lastly, the simple diarrhœa of infants presents two characteristic divisions,—diarrhœa with, and diarrhœa without colic; the latter is often spoken of as painless diarrhœa.

TREATMENT.

Diet.—If the food of the mother be the cause she will have to follow the advice given in the articles upon “*Indigestion*” and “*Diarrhœa*.” For the diet of the infant, see the articles on “*Weaning*,” “*Bringing up by Hand*,” etc.

Remedies. — *Aconitum Napellus*, *Antimonium Crudum*, *Arsenicum*, *Belladonna*, *Bryonia*, *Calcarea Carbonica*, *Carbo Vegetabilis*, *Chamomilla*, *Cuprum*, *China*, *Dulcamara*, *Ipecacuanha*, *Mercurius*, *Pulsatilla*, *Rheum*, *Secale Cornutum*, *Sulphur*.

Aconitum Napellus is indicated for diarrhœa, in alternation with constipation, with feverishness, restlessness, etc., as in worm fever. Also for suddenly suppressed diarrhœa,—by an opiate, or sudden fright,—in cases where the other symptoms indicate this remedy.

DOSE.—One or two* globules, dry, upon the tongue; or dissolve three globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, and give one teaspoonful for a dose. Repeat every three hours, two or three times.

Antimonium Crudum, for diarrhœa during cold weather (see *Dulc.*). Diarrhœa, with derangement and great weakness of the stomach and small intestines. See *Mat. Med.*, article on *Ant. Crud.*

DOSE.—See *Aconitum Napellus*. Repeat after an interval of four hours, or after a stool.

* The number of globules administered varies with the infant's age; one globule is generally considered sufficient as long as the infant is at the breast.

Arsenicum, for diarrhœa with great emaciation and prostration. Extreme tenderness of the stomach and pit of the stomach. The abdomen is hard and distended. Burning (excoriating), painful, slimy, offensive, yellowish, or undigested motions. Compare with *Carbo Vegetabilis*.

DOSE.—See *Aconite*. Repeat once after four, or, on alternate three hours, with *Carb. Veg.*

Belladonna, for diarrhœa, with griping pain, and with pale face. In cases where the brain is affected, and there is slight diarrhœa; insufficient in quantity, however, to sufficiently relieve the partially congested brain.

DOSE.—See *Aconite*. Repeat every four or six hours, not more often than twice.

Bryonia, for diarrhœa in warm, summer weather, or after a cold; from drinking cold water when heated, and in connexion with a suppressed eruption.

DOSE.—Same as for *Aconite*. Give a dose every six hours, or repeat after each motion.

Calcareo Carbonica, for diarrhœa during teething; the motions are sour-smelling and offensive, or yellowish.

DOSE.—See *Aconite*. Repeat morning and evening.

Carbo Vegetabilis, in cases where *Arsenicum* fails to give relief. Pale or colourless, liquid (consisting of mucus), motions; emaciation; great exhaustion.

DOSE.—See *Aconite*. Repeat as for that remedy, or alternately with *Arsenicum*.

Chamomilla, for slimy, greenish (bilious), motions; diarrhœa at night; bilious vomiting; colic; red face. The diarrhœa may be a consequence of the drinking of coffee, of sudden grief, or of passion, of the mother.

DOSE.—Same as for *Aconite*. Repeat after an interval of three hours, if necessary.

China, for great weakness of the digestive function. The stools are undigested, and pass too soon after taking food. Periodical diarrhœa.

DOSE.—Same as for *Aconite*. Repeat three times a-day, for from two to four days.

Cuprum, for violent diarrhœa and vomiting, with cramps in the abdomen and chest, made worse by movement and touch. See "*Cholera*."

DOSE.—See *Aconite*. Repeat every three hours, as long as the cramps continue, or until medical assistance can be procured.

Dulcamara, for diarrhœa in cold weather, or, at the same time, with a cold in head.

DOSE.—See *Aconite*. Repeat every four hours.

Ipecacuanha, for summer diarrhœa, also for diarrhœa with violent retching and vomiting, but without the cramps indicating *Cupr*.

DOSE.—Same as for *Aconite*. Repeat after each motion that is accompanied by vomiting.

Mercurius, in cases where *Chamomilla* and *Bryonia* fail to effect a cure. Dysenteric evacuations.

DOSE.—Same as for *Aconite*. Repeat after every motion, three times.

Pulsatilla, for loose, greenish, bilious, motions,

with slightly griping colic. In blonde infants, at the breast; the mother is of a like complexion, and is disposed to tears.

DOSE.—See *Aconite*. Repeat every four hours, two or three times.

Rheum, for sour-smelling, frothy, diarrhœa, with colicky pains in the bowels, and, without relief, urging to stool before and after the evacuation.

DOSE.—See *Aconite*. Repeat after every motion.

Secale Cornutum, for involuntary, loose, and slimy, serous-looking motions. Great prostration.

DOSE.—See *Aconite*. Repeat, alternately with *Arsenicum* or *Carbo Veg.* every other four hours, until the arrival of the homœopathic practitioner.

Sulphur, for cases of diarrhœa, after the suppression of a rash to which it is homœopathic; also as an intermediate remedy. See *Bryonia*.

DOSE.—See *Aconite*. Administer *Sulph.* four hours after the preceding remedy, then wait six hours.

INFANTS, EXCORIATIONS, SORE SKIN, CRACKS OF.

THIS complaint affects, chiefly, fat children. These galls, if they be neglected, are very troublesome, and are in weakly children often extremely difficult of cure.

Causes.—These are,—want of cleanliness; of

care in the drying, after washing, of the parts affected; hot weather; too warm clothing; and long clothes. Excoriations are most frequent in the bends of joints, about the thighs, groins, and neck; and, as already mentioned, in very fat children.

TREATMENT.

Preventive Means.—Carefully wash and dry the parts likely to excoriate, and then dust them with fine wheaten-starch powder.

Remedies.—*Arnica Montana*, *Chamomilla*, *Pulsatilla*, *Mercurius*, *Lycopodium*, *Sulphur*.

Arnica is employed in all cases of soreness dependent upon mechanical causes, as in those from the continuous friction of a napkin.

DOSE.—One or two globules, dry, upon the tongue, or dissolve four globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, and give a teaspoonful of the mixture, for a dose. Repeat every six hours.

LOTION (for External Application).—Four drops of the tincture, in two tablespoonfuls of water. Bathe the parts affected, with this lotion, morning and night.

Chamomilla is suitable on the first appearance of sores, which come easily, and are very tender to the touch. If the mother, or infant, take *chamomile tea*, give *Pulsatilla*. See also *Mercurius*, if the *Chamomilla* be insufficient.

DOSE.—Same as for *Arnica*. Repeat every four hours.

Pulsatilla is useful in all respects like *Chamomilla*. (See *Chamomilla*, for symptoms and dose.)

Mercurius, if the sore extend widely. There is excessive itching, made worse by the warmth of the bed; also if the skin be yellow (slightly jaundiced) and the tongue furred and bilious looking.

DOSE.—See *Arnica*. Repeat every six hours, four or five times.

Lycopodium will remove this affection in children who are habitually constipated; or who have a difficulty in retaining their urine, from the irritation excited by thread-worms.

DOSE.—Same as for *Arnica Montana*. Repeat every morning, and at bedtime, for a week, if necessary.

Sulphur is very useful if there be itching all over the body, or if there be another skin affection. This remedy is employed in obstinate cases, resisting other treatment.

DOSE.—Same as for *Arnica*. Repeat morning and evening, for a week.

INFANTS, HEAT SPOTS, RED GUM, OF.

THIS is a universal affection of infants. It is a rash of red pimples, which either appears over the whole body, or is confined to the face, neck, and arms.

Causes.—Too warm clothing; hot weather, which favours an increased secretion of perspira-

tion, and especially if, at the same time, the linen be not changed frequently.

TREATMENT.

Hygiene.—This complaint generally gets well of itself, without any further treatment than the daily use of the warm bath. Do not dress the infant too warmly, and change him frequently.

Remedies.—*Aconitum Napellus*, *Bryonia*, *Chamomilla*, *Sulphur*.

Aconitum Napellus is indicated in cases where there is simple inflammatory fever; the skin is dry and burning. The infant is restless and cross, and continually crying for the breast, which does not, however, appear to satisfy him.

Dose.—One or two globules, dry, upon the tongue; or dissolve four globules, two pilules, or one drop of the tincture, in a dessertspoonful of water, and give a teaspoonful for a dose. Repeat every three hours, as long as there are febrile symptoms present.

Bryonia should be given in case of the irritation being worse at night; and if there be constipation with a difficulty in expelling the stool, and a bilious coated tongue.

Dose.—See *Aconite*. Repeat every four or six hours.

Chamomilla is of use if the infant be troubled with gastric derangement, and acidity. *Cham.* is often given in alternation with, or after, *Aconitum Napellus*.

Dose.—Same as for *Aconite*. Repeat every four hours; or, alternately with *Acon.*, every other three hours.

Sulphur should be given if the rash do not yield to the above-mentioned remedies; or if, instead of disappearing, it spreads.

Dose.—See *Aconite*. Repeat morning, noon, and night, for two or three days.

SPASMODIC ASTHMA OF CHILDREN.

(*Asthma of Millar.*)

THIS disease, in many points, resembles croup, from which it can be hardly distinguished by the lay homœopathist. For the above-mentioned reason, as well as because this complaint may terminate fatally, it is better to obtain early and professional aid. It is distinguished from croup by the spasmodic character, and by the suddenness of its attacks; the first-named characteristic is, however, not easily recognised; the latter, although constant, as regards the *Asthma of Millar*, is often closely approached in croup, and if the symptoms preceding the attack be slight, may easily escape recognition.

Symptoms.—The attack consists of a sudden choking of the child, caused by spasm of the upper portion of the windpipe, and lasts for several minutes. It happens more often at night. The symptoms resemble those attending suffocation,

namely, violent attempts to breathe, bluish face, and spasms of greater or less severity.

TREATMENT.

Diet and Hygiene.—See “*Asthma.*”

Medicinal Treatment.—At the commencement, administer either of the following remedies.

Remedies.—*Arsenicum*, *Belladonna*, *Ipecacuanha*, *Lachesis*, *Nux Vomica*, *Sambucus*.

Arsenicum, for a peculiar sense of suffocation and stricture in the larynx, and stoppage of breath. The paroxysm comes on at night, or whilst eating, or drinking, or crying. The child's face is livid and distorted during the paroxysm, and there is cold sweat.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give *half a teaspoonful* for a dose. Repeat every fifteen or twenty minutes during the paroxysm. Do not repeat during the interval. If the paroxysm occur during eating or drinking, or there be a total inability to swallow, put two globules upon the tongue.

Belladonna, if there be laboured breathing, with constriction of the throat (windpipe, larynx), and danger of suffocation when touching the throat, or on turning the head round.

Dose.—See the directions given above, for *Arsenicum*. Repeat in a like manner.

Ipecacuanha.—This remedy is required where the little patient has a violent spasmodic cough, and the mother is doubtful of its real character; or where *Ars.* has been exhibited for the first

paroxysm, and the succeeding one is equally violent with the preceding one.

DOSE.—Same as for *Arsenicum*. Repeat every ten minutes during the paroxysm.

Lachesis, for cough excited by a tickling of, or by pressure on, the windpipe (larynx). The patient appears to be about to be suffocated; the throat feels sore, burning and raw; a feeling as though there were a lump, plug, or swelling, in the throat, with an utter inability to swallow, even liquids.

DOSE.—See *Arsenicum* and *Sambucus*.

Nux Vomica, for difficult breathing, obliging the sufferer to sit upright; it comes on at night, or after a meal. The clothes feel too tight round the chest.

DOSE.—Same as for *Arsenicum*. Repeat similarly.

Sambucus, for excessive difficulty of breathing, amounting to almost complete suffocation; the attack comes on after twelve at night. Suffocating cough.

DOSE.—Put three globules on the infant's tongue. If the child can swallow fluids give *Samb.* prepared the same as for *Arsenicum*.

TEETHING—DENTITION.

(*Cutting the Teeth.*)

THE process of dentition is an important step in the digestive development of a young child; and

it causes many troublesome, very serious, and distressing symptoms.

THE MILK-TEETH.

There are two sets of teeth,—namely, the first or milk, or temporary set; and the second, or permanent set: the latter is not completed until puberty.

The milk-teeth appear as follows:—About the fifth month, the two middle teeth of the lower jaw (incisors) are cut, *i. e.* are forced through the gum; after a few weeks' interval the corresponding incisors of the upper jaw are cut; then appear the two remaining incisors of the lower jaw, one on each side of the centre ones; then the opposing teeth of the upper jaw; next occurs an interval of about two months, at the end of which time, four more teeth (the first molars) are cut, two below and two above; afterwards appear the cuspidati; and, lastly, the remaining four molars, or back teeth: these complete the twenty milk-teeth. Ordinarily all the milk-teeth are cut by the end of the second year, but not always, and they do not always follow the order above described; if, however, any irregularity take place, it is of little or no importance.

Symptoms.—The chief signs of derangement are manifested whilst the tooth is pushing its way through the gum, and they terminate when its

crown pierces that part. At this time the infant is very restless, especially at night; there is more or less fever; the gums are swollen, tender, and painful; there is dribbling at the mouth; the face is hot and flushed; the bowels are disturbed. In addition to the above-mentioned symptoms, there may be eruptions on the head and body, diseases of the digestive tube, and spasms and convulsions.

TREATMENT.

Local.—The head of the infant should be kept cool and uncovered, even at night. Infants should never be allowed to wear nightcaps.

Remedies.—*Aconitum Napellus*, *Belladonna*, *Calcarea Carbonica*, *Chamomilla*, *Coffæa*, *Dulcamara*, *Mercurius*, *Nux Vomica*, *Opium*, *Pulsatilla*, *Silicea*, *Sulphur*.

Aconite is suited to simple inflammatory fever. *Aconite* is generally indicated at the commencement.

The writer places great reliance upon the use of this drug for all the more common derangements associated with infantile teething—the feverishness, restlessness, wakefulness, irritability, the urine, the aggravation of all the symptoms towards night, all point to the use of *Aconite*.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in four teaspoonfuls of water. Give one teaspoonful for a dose every four hours, or about bedtime.

Belladonna, when *Coffæa* fails to give relief, and

there are symptoms of extreme irritation of the brain.

DOSE.—Dissolve three globules, two pilules, or one drop of the tincture, in eight teaspoonfuls of water. Give one teaspoonful for a dose. Repeat in three hours' time, twice, if necessary.

Calcareæ Carbonica.—This remedy is useful when the teething is delayed, or the teeth cut their way too slowly. In cases of infants of dark complexion and temperament indicative of *Nux Vomica*, *Sulphur* is rather indicated than this remedy.

DOSE.—Same as for *Belladonna*. Repeat the dose, every morning and evening, daily, for a week.

Chamomilla.—This remedy takes the place of *Nux Vom.*, when the bowels, instead of being constipated, are relaxed, and the stools frothy.

DOSE.—Same as for *Aconitum Napellus*. Repeat every three hours, four times, if necessary.

Coffæa, for wakefulness and nervousness; the infant starts and cries when roused from sleep.

DOSE.—Same as for *Aconitum Napellus*. Repeat every two hours, three or four times.

Dulcamara affords relief in certain cases, where the symptoms are consequent upon the taking cold of the infant.

DOSE.—See *Aconite*.

Mercurius.—If the diarrhœa be obstinate, and if it do not yield to the last-named remedy. The infant has frequent, painful, ineffectual efforts at stool.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four hours, three times, if necessary.

Nux Vomica.—When, in addition to the fever, there is a dry cough, and the bowels are constipated. In cases of infants of dark complexion, and irritable disposition.

DOSE.—Same as for *Aconitum Napellus*. Repeat every four or six hours, three times, if necessary.

Opium, in bad cases, where the brain is affected in a marked degree. The infant lies insensible, has the face puffed and of a reddish-blue colour, and breathes stertorously. (See, further, the article on “*Convulsions*.”)

DOSE.—See *Belladonna*.

Pulsatilla is preferable, in cases where the infant's temperament corresponds, to *Nux Vomica*. It follows well after *Mercurius*, or it may be taken in alternation with that remedy. The head is stopped up with thick yellow discharge, and the bowels are relaxed, without, however, the ineffectual, painful, straining efforts at stool indicative of *Mercurius*.

DOSE.—Same as for *Aconitum Napellus*. Repeat every six hours, or, alternately with *Mercurius*, every other four hours.

Silicea may be administered if the next remedy fail to give the desired relief. A rickety condition of the limbs is a further indication.

DOSE.—Same as for *Belladonna*. Repeat every morning and evening.

Sulphur should be given in cases where *Belladonna* proves ineffectual; also after *Nux Vomica*, in cases where the gastric symptoms and the

infant's temperament have led to the choice of the latter remedy, which has, however, failed to relieve the condition present.

DOSE.—Same as for *Belladonna*. Repeat the dose at bedtime, for three or four nights, if relief be afforded.

CONVULSIONS, FITS.

CONVULSIONS are a common and much-feared affection of early childhood. It is well for mothers to remember that convulsions are not always dangerous, although they may become so by bad treatment. Nothing tends more to the tranquillity of the mother than a knowledge of the fit's exciting cause, and of its probable course. Children under four years of age are more or less liable to this affection.

Causes.—Gastric derangements of the infant, or, during suckling, of the mother. Teething. Worms. Suppressed eruptions. Any strong emotion of the mother, from fear, etc. Epilepsy is not treated of in this place.

TREATMENT.

The medicinal treatment of a fit depends upon its exciting cause (see below: *Convulsions* caused by *Teething*, by *Worms*, by *Fright*, *Nervous Emotions*, and by *Repelled Eruptions*).

Accessory Treatment.—Give the child a warm bath (to the neck), or a foot-bath, and keep him in it about five or ten minutes. Mix a little mustard, if a foot-bath be used, with the water, and, if relief be not soon afforded, pour a small stream of cold water over the child's head. The above-mentioned treatment may have to be repeated. After the bath, well cover the child, all but the head, with warm clothing. If the child's bowels are confined, give an injection of tepid water and milk, or tepid milk and sweet-oil. If the fit be due to derangement of the stomach, from eating sour fruit, etc., encourage the child's efforts to vomit by making him drink warm water, and by tickling his fauces with a feather.

CONVULSIONS FROM TEETHING.

This is the most common cause of convulsions.

Remedies. — *Belladonna*, *Coffæa*, *Chamomilla*, *Aconitum Napellus*.

Belladonna is the most important remedy. It should be either given alone, or in alternation with *Coffæa*. A part, or the whole of the body may be convulsed: the convulsions return, if any part of the body be touched: the face is hot and flushed, the eyes staring, and the pupils of the eyes are dilated. The infant tosses about during sleep, starts, screams, and is convulsed.

Dose.—Dissolve four globules, two pilules, or one drop of the

tincture, in a tablespoonful of water, and give a teaspoonful for a dose, of the mixture. If the child cannot swallow, put two or three globules on the tongue.

Coffæa is more especially suited to nervous, irritable children. *Coff.* is useless if the mother (if the child be at the breast) take coffee as a beverage. If *Coffæa* do not afford the necessary relief, see *Belladonna*.

DOSE.—See *Belladonna*.

Chamomilla is suitable if there be a spasmodic twitching of the muscles of the face; if one cheek be red and the other pale. *Chamomilla* is indicated if symptoms of gastric disturbance accompany, and have preceded, the convulsions.

DOSE.—See *Belladonna*; a teaspoonful is a dose.

Aconitum Napellus.—This remedy is useful if there be much fever, and if the little patient be very restless. The symptoms are worse in the evening. The face is flushed.

Aconite is more especially indicated in cases where the convulsions are threatening rather than present. *Aconite* is suited to robust children, of a full habit of body.

DOSE.—See *Belladonna*; a teaspoonful is a dose.

CONVULSIONS CAUSED BY WORMS.

If they are caused by thread-worms, administer an injection of olive-oil (one tablespoonful). Consult the under-mentioned remedies, and see the article on "*Worms*."

Remedies.—*Aconitum Napellus*, *Cina*, *Ignatia*, *Belladonna*.

Aconitum Napellus is indicated by fever and restlessness, especially towards night.

DOSE.—See *Belladonna* (ante).

Cina and *Ignatia* are to be given in alternation, if the fits are caused by thread-worms. Great itching at the fundament.

DOSE.—Same as for *Belladonna* (ante). Give these remedies very alternate two hours between the fits.

Belladonna is indicated when the child wets the bed unconsciously. The pupils of the eyes are dilated, the body is stiff and cold, and the forehead and the hands are burning hot.

DOSE.—See *Belladonna* (ante).

CONVULSIONS CAUSED BY FRIGHT, OR BY ANY OTHER NERVOUS EMOTION.

General Remarks.—Convulsions, and other nervous affections, are likely to come on, if the infant be put to the breast after or during any strong excitement of the mother;—such are, grief, a fit of passion, excessive joy, etc. In the event of any excitement, the mother should not give her infant the breast until she is quite calm, and, even then, not until she has drawn off some milk. See, further, “*Suckling, Emotion of the Mother.*”

Remedies.—*Aconitum Napellus*, *Coffæa*, *Opium*.
Aconitum Napellus and *Coffæa* are to be given

in alternation if the child has been frightened or greatly excited.

DOSE.—See *Cina* and *Ignatia*.

Opium is indicated if the fit be caused by a fright, and it should be given at *once*. The little patient is unconscious; his face is swelled, hot, and of a dark red, or even purple colour, as in a fit of apoplexy: the breathing is laboured (snoring); the pupils of the eyes are dilated, and the eyes insensible to light; the bowels are confined, and the urine is suppressed.

DOSE.—Put two globules on the tongue, moistening the lips with water to promote absorption of the medicine.

CONVULSIONS CAUSED BY A DISORDERED STOMACH.

If dependent upon an overloaded stomach follow the directions given under the head of "Treatment."

Remedies.—*Ipecacuanha*, *Nux Vomica*.

Ipecacuanha is indicated if the child vomit, or attempt to vomit; also if there be diarrhoea.

DOSE.—Dissolve four globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give a teaspoonful every hour, between the fits.

Nux Vomica, if it be caused by indigestible food at the same time the bowels are generally constipated, or they are either that way or relaxed.

DOSE.—Put one or two globules upon the tongue, and moisten the lips with a little cold water.

CONVULSIONS CAUSED BY REPELLED ERUPTIONS.

Convulsions may happen when a rash suddenly disappears, or if it be checked in coming out. These cases are of a very dangerous description, and no time should be lost in obtaining professional homœopathic aid. They occur during measles, scarlet fever, miliaria, smallpox, and running scald-head. In the meantime, whilst waiting the arrival of the medical attendant, put the child into a hot bath, see "Treatment," and give a dose of *Belladonna*.

Dose.—Two globules upon the tongue.

WETTING THE BED.

(*Enuresis*.)

Causes.—Early acquired bad habits; constitutional weakness; a morbid irritability of the bladder; *worms*; the presence of gravel, or of a stone, in the bladder.

TREATMENT.

If from general causes, constant attention should be paid to the child's habits; restrict the evening

drink, and make him pass his water, previously to going to bed, again at bedtime, and at the rising of the mother or nurse.

If worms are suspected, the reader should read the article on "*Worms*."

Wetting the bed is, however, an obstinate disease, almost always requiring skilful homœopathic treatment.

Remedies. — *Aconitum Napellus*, *Belladonna*, *Carbo Vegetabilis*, *Cina*, *Dulcamara*, *Hepar Sulphuris*, *Ignatia*, *Mercurius*, *Pulsatilla*, *Sepia*, *Sulphur*.

Aconitum Napellus may afford relief in some cases, where there is an inability to retain the urine; there may be excessive perspiration, pains in the bowels, and watery diarrhœa. Such a case would require professional treatment.

Dose.—One or two globules, or a pilule, in a little water.

Belladonna, in cases where there is considerable cerebral (brain) disturbance. Very great excitability, restlessness, aversion to the light, contracted pupils, with pale face and pulsation in the head. The child's rest is disturbed by horrid dreams. The nightly emission of the urine is accompanied by profuse sweat.

Dose.—Dissolve three globules, two pilules, or one drop of the tincture, in a tablespoonful of water, and give a teaspoonful of this mixture for a dose. Repeat at bedtime, for three successive nights, when, if no relief be given, another remedy should be sought for.

Carbo Vegetabilis is usefully administered in

cases where the little patient has a disease of the skin, which *Sulphur* has failed to remove. See, further, *Part III.*—on “*Diseases of the Skin;*” for the skin affection is of more importance, as a guide to the true homœopathic remedy, than is the mere symptom treated of in this article.

DOSE.—Same as for *Belladonna*. Repeat every morning, noon, and night, for a week.

Cina.—This is a serviceable remedy if the little patient have worms. The indications for this remedy are given in the article on “*Worms.*”

DOSE.—See the article on “*Worms.*” Repeat morning and evening, for a week.

Dulcamara is also indicated in cases, like *Carb. Veg.*, where the child has an eruption (*e.g. milk crust*) indicating its employment. He also catches cold very easily, and is then subject to enlargement of the glands of the neck.

DOSE.—Same as for *Aconite*. Repeat morning, noon, and night.

Hepar Sulphuris is required in some cases of involuntary emission of urine at night. See “*Materia Medica.*”

DOSE.—Same as for *Aconite*.

Ignatia, for involuntary emission of urine in children with thread-worms, with itching at the nose and anus, who are subject to hysterical sensations in the throat. *Ignatia* may be taken in cases where *Pulsatilla* fails to afford relief, or instead of

that remedy, if the bowels are rather confined than relaxed.

DOSE.—See *Aconite*. Repeat every morning and evening, for a week.

Mercurius is required in certain cases of skin eruptions with incontinence of urine; especially if there be a considerable mucous secretion from the private parts (in female children), and excoriation of the parts between the thighs. Thread-worms, with loose slimy motions. If *Pulsatilla* fail to afford relief.

DOSE.—See *Belladonna*. Repeat every six hours, or morning and evening, four or six times.

Pulsatilla.—Suited to delicate, fair-complexioned children of gentle temperament; to girls especially, in cases where there is an irritating leucorrhoeal discharge (whites).

DOSE.—Two globules, or one pilule, in a teaspoonful of water, morning and evening.

Sepia, in obstinate cases, after *Belladonna* or *Pulsatilla*.

DOSE.—See *Pulsatilla*. Administer a dose every evening at seven, for a week, and then wait a week.

Sulphur.—In delicate and debilitated children; cases of long standing; also if the patient has had any skin eruption.

DOSE.—See *Pulsatilla*. Repeat every evening.

INFANTS, WARM AND COLD BATHS FOR.

THE use of the bath is referred to, generally in the article on "*Hygiene*," with reference to adults; it is also noticed, with especial relation to infants, in the article "*Infants*," under the head of "*Washing the Infant*." The cold bath should be of the same (or a little higher, not lower) temperature as that of the room in which the infant takes it; to insure this the water should be placed in the bath overnight. The warm bath should be of the temperature of about ninety-five degrees Fahrenheit, and it ought never to exceed that by more than one or two degrees. In cases where the warm bath is *prescribed*, it is to be kept at the same temperature as long as the little patient is immersed in it.

INFANTS, WEANING OF.

WEANING is a process of considerable importance, it not being without risk either to the infant or mother. The exact length of time for suckling is not by any means the same in every case; every child, however, as a general rule, should be thoroughly weaned by the twelfth month. The wean-

ing of an infant had better be brought about slowly, and by degrees, both for the mother's and for the child's sakes ; in the former case, the sudden suppression of a large secretion like that of the milk, is attended with risk to the mother, and in the latter, the gradual cutting of the teeth, is, I think, sufficient evidence that the child's organism, advancing gradually, is gradually becoming fitted for the necessary change of diet—from the mother's milk to the solid and animal food of the adult.

After the child is weaned, his food is to be similar to that administered whilst weaning. It should be light, not stimulating, easily digested, and consist of the farinaceous preparations, like arrowroot, sago, and tapioca, afterwards of bread and milk ; later, a little mutton-broth, or beef-tea, carefully skimmed, with a little bread soaked in it ; however, the less animal food is taken the better, until the back teeth appear. Infants, generally, soon become fond of the farinaceous preparations of cocoa ; *cocoa-sop* is an especial favourite with most young children, it being more palatable and easily digested than bread and milk ; cocoa for children should be made with almost all water.

Note.—Prepare bread and milk by pouring boiling milk, or milk and water, upon bread (a day or two old) cut into dice ; do not boil the bread.

Sometimes, notwithstanding the most careful dieting of the mother (or wet-nurse) and child, symptoms arise which need homœopathic medicinal

treatment. The required medicine in such cases is generally,—

Belladonna.—The child is restless and cannot sleep; he is very fretful, cries excessively and almost continuously. See, also, the article on "*Convulsions*," and "*Teething*."

Dose.—Give one or two globules, dry, upon the tongue. Repeat in four hours, if necessary.

Nux Vomica and *Bryonia* are indicated in some cases.

TONGUE-TIED (INFANTS).

THIS slight malformation prevents the free motion of the tongue, and by so doing interferes with the acts of swallowing and of sucking. It is removed by a slight operation, by the medical attendant.

HARE-LIP.

THIS well-known malformation is so called from a cleft in the upper-lip resembling that of the hare. It can only be remedied by a surgical operation. Advice should be sought before the end of the second month.

INFANTS, RUPTURE (HERNIA) OF.

YOUNG children are peculiarly liable to have rupture. They are born *ruptured*, or become so after a fit of screaming or coughing. Delicate, weakly children are ruptured more often than the robust.

Symptoms.—The child cries much; he appears to be in much pain, without any cause; his skin is covered with a cold sweat, and it feels clammy. On examining his belly, a swelling at the navel, or in one or other or both groins, is found. Umbilical (navel) and scrotal hernias are the universal varieties with infants.

TREATMENT.

In the first place, send *at once* for proper assistance; secondly, whilst waiting its arrival, administer one of the following remedies; thirdly, do not handle the swelling.

Remedies. — *Aconite*, *Nux Vomica*, *Opium*, *Sulphur*.

Aconite, if the child be hot and feverish, and if the affected part be inflamed, and very tender to touch.

Dose.—Two globules, dry, upon the tongue.

Nux Vomica, in cases where the respiration is laboured; if it be caused by a cold, by passion, or by screaming. The bowels are constipated.

Dose.—See *Aconite*.

Opium.—If *Nux Vomica* fail to give relief; if putrid wind, from the beginning, be passed by the mouth, and the little sufferer evacuates the contents of the gut involuntarily.

DOSE.—Same as for *Aconite*.

Sulphur.—If *Aconite* do not relieve the symptoms, and the professional attendant be not come.

DOSE.—Same as for *Aconite*.



PART XI.

HOMŒOPATHIC MATERIA MEDICA.



An Account of the Forty-five Remedies referred to in this work; giving their scientific and other names; the names of most of the complaints to which they are homœopathic; a resumé of the symptoms to which they are homœopathic; and the leading indications for their employment.

ACIDUM NITRICUM.—See *Nitr. Ac.*

ACONITUM NAPELLUS.—*Acon.*

(*Monkshood or Wolfsbane*; Nat. ord. *Ranunculaceæ*.)

General Symptoms and Characteristics.—*Aconite* is one of our most valuable remedies. Its chief characteristic is its power of removing primary or congestive inflammation. In complaints so characterized, *Aconite* is, to the homœopathist, what the acet, the cupping-glass, the scarifier, and leeches, are to the allopathist.

Skin.—*Aconite* is an indispensable remedy in cases with fever, namely, in measles, purple-rash, scarlet-rash. It is not so, however, except at a

very early period, in scarlet fever, or in eruptions accompanied by any other than simple fever. Burning itching of the whole body. Inflammatory swelling of parts, with general fever until the febrile symptoms are removed. As before stated *Aconite* is almost always required for wounds, for various injuries, for erysipelas, and for other skin complaints, in fact, wherever there is simple inflammatory fever.

Fever.—At the commencement; for chills and shivering, followed by burning heats; the skin is dry and hot; the pulse is quick, full, and hard; the breathing is quick; the tongue is dry and coated; there is thirst and restlessness; confined bowels, the urine passed is reddish, scanty, and hot. Very many diseases are ushered in by such symptoms, and then the advantage of giving *Aconite* alone, or in alternation with another remedy, is obvious.

Brain and Spinal Cord.—*Aconite* affects, secondarily and not primarily, the brain, spinal cord, and nervous system generally. The altered state of the nervous substance is owing to the congested (full) state of the surrounding bloodvessels, producing pressure upon the nerve tissue. *Aconite* is curative of nervous complaints dependent upon local congestion of the bloodvessels. *Aconite* is specific for head affections caused by a determination of blood to the head, as in *sanguineous apoplexy*, and the many varieties of congestive headaches, and

other complaints,—apoplexy; bilious headaches; headaches connected with a deranged state of the stomach, rheumatic and catarrhal complaints, hysteria, and various forms of neuralgia.

Symptoms.—Stupidity and giddiness, as from intoxication; confused ideas; weak memory; swimming in the head; sensation of fulness and weight in the forehead, as if the brain and eyes must protrude; the head feels too full; constricted and tight feeling of the head, as if it were bound round with a cord or band; lancinating, throbbing, headache, *worse* when walking, *relieved* by sitting down; throbbing of the temporal arteries; the brain seems as if it were raised up, worse by motion or talking: brain feels compressed; shooting, pressive weight over the eyes, with sickness; sick headache; burning headache, as if the brain were moved about by hot water; headache from suppressed discharges.

Sleep.—*Aconite* is homœopathic to sleeplessness from pain. Restless sleep, with anxious dreams, the patient awaking in a fright; drowsiness; these symptoms exist, with dry heat, at the commencement of an attack of influenza.

Eyes, Sight.—Inflammation of the eyes, with redness, heat, burning, and smarting pain; sensitiveness and aversion to the light; discharge from the eyes. Congestion of the eyes indicates *Aconite* in diseases like *Conjunctivitis* (inflammation, with congestion of the lining mucous membrane of the

eyelids and eyeball); sclerotitis and retinitis; ophthalmia, whether of catarrhal, rheumatic, or scrofulous origin.

Ears, Hearing.—Continual buzzing and tingling in the ears; it is useful in earache, and in inflammation of the ears, with discharge.

Nose.—Bleeding from the nose (epistaxis).

Face.—The face is bloated, and of a blue colour; the lips are black; the cheeks are red, or the one red and hot, and the other pale and cold. These symptoms occur in various diseases, elsewhere mentioned.

Digestive Organs.—*Aconite* causes toothache, with prickings in several teeth; the teeth feel loose. It is useful in toothache from exposure to cold, especially in rheumatic subjects; other symptoms are,—dry mouth, sore, inflamed (dark red) throat, with a difficulty in swallowing, accordingly in inflammation of the throat (Angina). *Aconite* is often required before *Belladonna* and *Mercurius*.

Respiratory Affections.—At the commencement of catarrh, with chilliness, running of clear water from the nose, burning dryness of the nose, headache, and colic. Violent sneezing, the head feels as though it would fly to pieces, and soreness of the digestive organs, the whole body feels sore and tender to the touch, with great irritability. Dry cough from tickling in the windpipe, with fever. Bloody cough, also if clear blood be expectorated. *Acon.* arrests the bleeding almost

magically, but it is not of use for the effects of the lost blood (see *Chin.*). Whooping-cough, with fever and burning in the windpipe. Bronchitis, with febrile symptoms. Anxious and difficult respiration; fits of choking, with anxiety; pains in the side, as in an attack of pleurisy, with fever. Palpitation of the heart, with great anxiety. Spasm of the heart, with fear of death.

Urinary Affections.—Deficient, burning, darkened, clear urine; brown hot urine, with brick-dust coloured sediment. Retention of urine, with a feeling of pressure in the bladder, and with stitches in the kidneys. Frequent desire to pass a little, hot urine; wetting of the bed, from temporary paralysis of the sphincter of the bladder, sometimes with sweat, diarrhoea, and colic. The presence of inflammatory fever is, however, the best guide to the employment of this very valuable remedy.

ANTIMONIUM CRUDUM.—*Ant. Cr.*

(*Black Sulphuret of Antimony.*)

General Symptoms and Characteristics.—*Antimony* especially affects the *mucous* membranes. It affects principally the pulse, respiration, stomach, intestines, and bladder. Its leading indications are those of gastric disturbance, with an unhealthy and debilitated habit of body.

Skin.—In individuals of unhealthy and debili-

tated constitution. In such,—the red and white gum of children; eruptions like nettle-rash, white blotches and wheals with red margins, with fever pustules terminating in yellowish crusts, more especially on the hairy scalp; unhealthy-looking boils; grog blossoms; barber's itch (an eruption breaking out among the roots of the beard). In ringworm of the scalp (scald-head), with dirty crusted, unhealthy sores, accompanied by the gastric symptoms characteristic of *Ant. Cr.*

Inflammation and Fever.—*Antimonium Crudum* is only indicated in fever, and inflammation (rheumatic or gouty), where the gastric, intestinal, cuticular, and urinary symptoms of the patient are similar to those of this drug.

Face, Eyes, Nose, Ears.—For eruptions, sores and inflammation of these parts; inflamed eyelids; deafness; in these cases the gastric symptoms should point to *Ant. Cr.*

Digestive Function.—The following group of symptoms conveys a pretty clear impression of the antimonial type,—“a sallow and haggard countenance, dull and sunken eyes, dirty, greyish coating on the tongue, unpleasant, foul, pappy taste in the mouth, foetid odour from the mouth, dryness of the mouth and throat, thirst, or constant secretion of unpleasant and tenacious phlegm in the throat, rising of foul, sweetish, or insipid water from the stomach; loss of appetite; want of tone in the stomach; bloating of the stomach after eating;

fulness and distention of the bowels; frequent tendency to emission of foul-smelling flatulence; tendency to diarrhoea, the evacuations consisting of foul-smelling mucus, or alternate disposition to diarrhoea and constipation; constant feeling of weakness in the bowels; frequent desire to urinate, the urine being in most instances turbid, and having a foul odour." If, in addition, there be fever, it will be of a low type, with cold and clammy skin.

ANTIMONIUM TARTARICUM.—*Ant. Tart.*

(*Tartrate of Antimony and Potash, Tartar Emetic.*)

General Symptoms and Characteristics.—Prostration, weariness, nausea, and fainting, accompanied by vomiting, diarrhoea, and general exhaustion, with cold and pale skin, like in smallpox, or cholera morbus.

Skin.—In smallpox, *Antimonium Tartaricum* is the specific homœopathic remedy. Large pustules, with much burning and pain, having red inflamed bases, closely simulating the vaccine pock.

Sleep.—Drowsiness, with yawning and stretching. The sleep of infants and of aged persons prevented, or rendered more difficult, by the oppressed state of the chest, from the accumulation of mucus in the air-tubes. Aged individuals can only sleep whilst propped up with pillows.

Fever.—Gastric fevers, with symptoms of great

prostration, the pulse is rather quick, feeble, and tremulous, or else it can scarcely be felt, and that very irregularly; nausea and vomiting; fits of shivering, with flushes of heat; profuse sweats, also at night.

Head.—Dulness and stupefaction of the head, accompanied by drowsy apathy. Hydrocephalus from suppressed smallpox. The face looks pinched and pale, with blue lips, and blue rings round the eyes.

Respiratory Organs.—Great hoarseness, hollow cough, and rattling of phlegm. The patient cannot breathe unless sitting up; he is relieved by coughing, and by the expectoration of mucus. Great oppression of the chest from the accumulated phlegm, preventing the patient's lying down; this excites violent attacks of coughing, accompanied by retching, sweating, and exhaustion.

Digestive Organs.—Dyspepsia, want of appetite, or loathing for food; hiccough; in cholera, for great prostration, with constant nausea and vomiting, and diarrhoea. Tearing, incisive, and pinching pains in the abdomen.

Urinary Organs.—Dark-brown and thick urine, smelling acrid.

ARNICA MONTANA.—*Arn.*

(*Leopard's Bane, Mountain Tobacco.*)

General Symptoms and Characteristics.—*Arnica* is principally celebrated for its power of curing,

homœopathically, bruises and affections resulting from mechanical injuries. Its power, of curing the affections just alluded to, depends upon its action on the healthy human frame being similar to affections (groups of symptoms) following mechanical violence. It is further useful, administered internally, and as an external application, in cases of bed-sores, stings of insects, bites, bruises, sprains, strains, dislocations, fractures, corns, and bunions.

Skin.—For contusions, the skin is black and blue, or yellow; also for boils, for stings of bees and wasps (as a local application).

Inflammation and Fever.—*Arnica* is not indicated in high inflammatory fever, but in the low typhoid kind; in cases where the symptoms of gastric irritation correspond with those of this drug. *Arnica* is required in rheumatic affections where the pains resemble those from a bruise or strain.

Brain and Spinal Cord.—The headache requiring *Arn.* has a rheumatic origin, or it results from direct violence applied to the head, or it is in close relation with some gastric irritation; the last named may be the result of physical injury of the abdomen or stomach. The pains are principally felt in the forehead and temples. The aching is stupifying, or pressing and contractive, as from external pressure, especially in the forehead; also jerking, tearing, stitching pain as from a nail, principally in the temples.

Face, Eyes, Nose, Teeth.—Injuries of the face,

eyes, and nose, from violence, with pain, heat, and swelling; also bleeding from the nose. After the extraction of teeth, a solution of *Arnica* is a good local application.

Digestive Functions.—Foul, putrid, bitter taste, early in the morning; loss of appetite, with aversion to food, or dislike to meat; putrid or bitter risings; retching, early in the morning; vomiting of black blood. Pains, as if from violence, in the walls of the abdomen. Putrid smelling flatulence; watery diarrhoea; undigested stools; involuntary stools at night. To cure these the entire group of symptoms must correspond to the effects of *Arnica*.

Respiratory Affections.—Dry cough, from tickling in the windpipe; early in the morning whilst coughing, stitches are felt in the head, and a bruised feeling in all the ribs; expectoration of blood with cough, also after over-exertion, as after singing, rowing, or running. Difficulty of breathing, with stitches, made worse by motion; false pleurisy, foul breath.

Urinary Affections.—Bloody urine, after a fall or blow. Affections of the bladder, caused by direct injuries to the abdomen or spine. (In these cases, *Arnica* compresses and poultices are required externally.)

ARSENICUM ALBUM.—*Ars.*

(*Arsenious Acid, White Arsenic.*)

General Symptoms and Characteristics.—Burning, chiefly of internal parts. The pains are worse at night, and are sharp and drawing. Extreme debility, with wasting away of the body. Dyspepsia, with emaciation, excessive irritability of the stomach, and relaxed bowels. Malignant skin diseases, unhealthy and gangrenous sores. Cancer. Carbuncle.

Skin.—*Arsenicum* is especially useful for unhealthy sores, ulcers, and pustulous eruptions, with a tendency to malignant action. Ulcers secreting thin, bloody, or foetid pus. Old and obstinate ulcers. Intolerable burning, or burning itching of old sores. Peeling off of the skin, in scales. Cold blue skin.

Sleep.—Sleeplessness at night, with restlessness and tossing. He cannot get warm in bed.

Fever.—Intermittent fevers. Typhus. Putrid fever. General coldness, also with cold clammy sweat; chilliness towards the evening, followed by a dry heat, ending in night-sweats. The sweats are cold and clammy, with great debility. Great thirst. Pulse is quick and weak, intermittent, irregular, or suppressed.

Head.—*Moral Symptoms.*—Extreme melancholy; deep anxiety; feelings of remorse, as for a crime; these are especially at night. Headache;

the pain is dull, heavy, throbbing, or light and semilateral.

Respiratory Organs.—Hoarseness, even complete loss of voice, from weakness of the larynx ; cough, dry and exhausting, or with hawking up of blood, or streaked phlegm : the cough is worse at night ; the breathing is short and laboured ; painful oppression of the chest, a sore raw feeling, or burning pain ; tickling in the windpipe, without an inspiration exciting to cough. Asthma, with *Arsenicum* symptoms, as, feeling of constriction of the chest, short, anxious, and groaning inspiration ; anxiety, especially when the attack occurs at night.

Digestive Organs.—Taste, foul, bitter, sour, nausea, with shivering ; retching and vomiting ; pit of the stomach, burning pain, oppression after eating, and fulness, gnawing pain ; dry pain when touched, or burning pain, with anxiety and diarrhoea ; diarrhoea, consisting of watery, yellow, green, or black, burning motions. Some of these symptoms may be present in dyspepsia, diarrhoea, summer complaint, and Asiatic cholera.

BELLADONNA.—*Bell.*

(*Atropa Belladonna, Deadly Nightshade.*)

General Symptoms and Characteristics.—*Belladonna* is especially indicated in violent inflammations and fevers, having marked nervous symptoms. Convulsions, often with delirium. Spasms, of

tetanus, epilepsy, hysteria, and St Vitus's dance. Spasms and convulsions, with dilated pupils, and non-susceptibility to light.

Temperament.—Stout, good-tempered individuals, with light hair, blue eyes, and fine, irritable, easily inflamed skin, predisposed to the deposit of fat underneath (embonpoint). For the above-mentioned reasons, *Belladonna* is more often useful in the complaints of females and children than in those of males.

Skin.—Scarlet fever (true, not purple rash); scarlet rash; spots or diffused redness of the face, neck, chest, and body, with burning swelling of the same, with violent cough, determination of blood to the head, and headache, difficult respiration, and spasms. Erysipelas, non-vesicular. (For vesicular erysipelas, see *Rhus Toxicodendron*.) The skin is swollen, red, hot, and shining; the inflammation is local, as in the face, or general; the head and eyes are more often affected. Swollen glands.

Sleep.—Stupor, or heavy sleep: long-continued drowsiness; uneasy sleep, with starts at night; frightful dreams. The sleep is wretched and unbearable, owing to the increase of the pains, and to the frightful dreams. Inability to sleep, from anxiety. In the morning, a feeling of giddiness, after a night of unrefreshing rest.

Fever.—Chilliness and shuddering, followed by heat. Dry, burning heat. Burning fever, with

delirium. The pulse is small and quick, or full and slow, or strong and quick.

Head.—Delirium, especially at night, with violence, and pulsation of the arteries of the head. Headache, especially of the forehead, made worse by any movement. Violent pressure in the head, with feeling of tension. The brain feels dilated (too large), as though pressing outwards.

Face.—Face, before pale, suddenly becomes red ; it is purple and bloated, or dark-red or scarlet, with great heat. Erysipelas (non-vesicular) of the face. Faceache.

Eyes.—Dread of light ; inflammation of the eyes, with redness, burning, and much pain ; pressure (feeling of), with tears ; staring eyes ; protruding, dilated pupils. Ophthalmia.

Ears.—A tingling, humming, or roaring noise in the ears ; hardness of hearing, from a cold, with inflamed throat.

Respiratory Organs.—Hoarseness ; dry, spasmodic cough) dry cough, from tickling in the pit of the throat, with headache, and a red face. Asthma ; the chest feels oppressed, the breathing is laboured, with shortness of breath.

Digestive Organs.—Inflammation of the serous cavities of the abdomen. Peritonitis in its various forms, inflammatory or typhoid, with excessive tenderness of the belly to touch, and with brain symptoms. The quinsy, sore throat, inflammation of the throat, constriction, enlarged tonsils and

uvula; diphtheria, with formation of a false membrane. Rheumatic drawing pains in the teeth, or throbbing in a hollow tooth, with heat, redness, swelling, and tenderness of the gum.

BRYONIA ALBA.—*Bry.*

(*White Bryony.*)

General Characteristics.—The symptoms and sufferings indicating *Bryonia* are made worse by movement, by turning over in bed, and by moving the arms or head, by the slightest pressure, by taking a deep breath, and after eating or drinking. *Bryonia* has a marked action upon affections of the lining membranes of internal organs (especially serous membranes) and upon the liver; also in rheumatic affections, especially those combined with a deranged action of the liver, and with special *Bryonia* characteristics.

Skin.—*Bryonia* is of great value in suppressed inflammatory rashes, as in scarlet fever; erysipelas, especially of the joints; in pustular and vesicular eruptions. *Bryonia* is more especially indicated by rheumatic and other affections with *Bryonia* indications; also in the rash of young infants, and of mothers when lying-in. Jaundice.

Fever.—The chilly stage is the prevailing characteristic for *Bryonia*; there is a dry cough, with stitches in the chest; also in bilious fevers, and those of a typhoid character, with cough.

Head.—Low spirits, with dread of the future. Feeling of weight, distention, and compression of the head. A forcing out pain in the head, especially the forehead, worse when stooping; early in the morning on waking, violent headache, with desire to lie down. Congestion of the head, with heat of the head. The headache is worse on any movement, as opening and shutting the eyes.

Sleep.—Constant sleepiness. Aching of the part of the body lain upon. Unpleasant dreams, causing him to get out of bed. Somnambulism.

Digestive Organs.—Dry mouth and throat; white or yellow coated tongue; thirst; loss of appetite; loss of taste, or bitter taste; sour or bitter risings from the stomach, and nausea, with bitter taste; vomiting of food or bile; feeling of pressure on the stomach, which is extremely sensitive to pressure; pains in the right side (liver); constipation, or alternately with diarrhoea; colic followed by diarrhoea.

Respiratory Organs.—Dry or loose cough, from a tickling at the pit of the stomach; painful and violent cough, with difficult expectoration of thick mucus, which may be blood-streaked. Stitches in the chest, on either side; inability to lie on the affected side; stitch, with catching of the breath, on moving, coughing, or taking a deep breath.

Urinary Organs.—The urine is hot and red. Difficulty of retaining the urine. These are merely accessory to the leading symptoms of *Bry*.

CALCAREA CARBONICA.—*Calc. Carb.*

(*Carbonate of Lime.*)

General Symptoms and Characteristics.—This remedy is suited to complaints dependent upon a deranged condition of the organs of secretion and absorption. It is more adapted to women and children than to males; and to the lymphatic and scrofulous, rather than to the sanguineous temperament. *Calc. Carb.* is useful in glandular enlargements, especially of the neck and lower jaw, and of the abdomen (those of the mesentery); to debility and emaciation of the body, with enlarged belly, and also with glandular swellings; increased susceptibility to changes of temperature.

Skin.—In chronic (long lasting) eruptions of persons possessing the especial *Calcarea* habit of body; in such, milk-crust, ringworm, sores of children, unwholesome skin, heals with difficulty, and suppurates easily.

Sleep.—Languor and sleepiness during the daytime.

Fever.—Chilliness; profuse sweats on the least exertion, and at night.

Head.—Depressed spirits; inclination to weep; despair of the future, fearing death from consumption, or a life of disease. Peevish, irritable temper. Throbbing headache, deep-seated.

Eyes.—Far or long-sightedness; scrofulous inflammation of the eyes (lids), with flow of tears,

and sticking together of the lids, over night, with stinging pains; profuse flow of tears, with weak eyes.

Ears.—Tingling, singing, or humming noises in the ears; a buzzing, cracking, or ringing, in the left ear; moist eruption behind the ears.

Respiratory Organs.—Dry, hacking cough, especially at night in bed; the chest is very sensitive; there is difficulty of breathing, with shortness of breath; the cough is accompanied by foetid, and often bloody, expectoration; these symptoms are accompanied by emaciation, and occur in consumptive patients.

Digestive Organs.—Teeth.—Difficult or delayed teething; also, especially if indicated constitutionally, sour risings, from the stomach; complete loss of appetite; distended and hard belly (especially in children); clay-like stools; sour diarrhoea (during dentition) of infants.

CAMPHOR.—*Camph.*

(*Laurus Camphora.*)

General Symptoms and Characteristics.—*Camphor* is chiefly indicated in cases where the system appears exhausted, and the life power is excessively depressed; the surface of the body is cold, and often suffused with a cold sweat. Asiatic Cholera.

Skin.—*Camphor* causes violent itching of the

skin. It is useful for the erysipelatous inflammation excited by poisonous doses of *Rhus Tox.* and *Arnica Mont.*

Fever.—Sleepiness; great chilliness; cold surface, and great prostration.

Head.—Giddiness (sudden) or sunstroke. The eyes are red and inflamed, and the pupils are excessively contracted.

Respiratory Organs.—Influenza; suffocative catarrh, and excessive accumulation of phlegm in the air-tubes.

Digestive Organs.—Asiatic Cholera (first stage); burning, watery diarrhoea, with prostration; burning and inflammation of the stomach; vomiting.

Urinary Organs.—Difficulty, with burning, in making water; also if this symptom be due to *Cantharis*.

CANTHARIS.—*Canth.*

(*Cantharis Vesicatoria*, *Spanish Fly*.)

General Symptoms and Characteristics.—The principal guides to the employment of *Cantharis* are the urinary symptoms. *Cantharis* acts, as an irritant, upon the brain (the cerebellum, or posterior division, is especially in intimate relation with the urinary organs); upon the whole length of the mucous lining of the digestive tubes, with the adjacent organs; and, lastly, and with the greatest

intensity, upon the urinary organs. The right side is that chiefly affected.

Skin.—Erysipelatous inflammation of the skin with much burning, and with watery vesicles or blisters; carbuncular or gangrenous sores. The presence of the urinary symptoms of *Cantharis* are additional manifestations for its administration.

Head.—Paroxysms of rage, with convulsions like those of hydrophobia, accompanied by urinary or genito-urinary symptoms.

Digestive Organs.—Burning of the mouth and throat, with excessive dryness, extending into the stomach, and with difficulty of swallowing, especially liquids. Dislike to liquids. Hydrophobia; violent heat and burning in the stomach and bowels; colic during and after stool, with cutting or burning pains in the stomach and bowels; colic, with cutting or burning pains at the anus. The urinary symptoms should indicate this remedy.

Urinary Organs.—Suppressed urine, or retention, with restrained stool; frequent desire, with a voiding of very little and dark urine; difficulty in making water; bloody urine; inflammation of the lining membrane of the kidneys and bladder, with excessive pains in those organs; desire to urinate, with inability; extreme pain when passing a very little, perhaps bloody, water. Inability to retain the urine.

CARBO VEGETABILIS.—*Carb. V.**(Vegetable Charcoal.)*

Skin.—Burning of the skin; itch-like eruptions; itching and burning of the skin, which bleeds when scratched; offensively smelling ulcers; secreting foetid pus; obstinate vesicular eruptions. Burns. Falling off of the hair.

Digestive Organs.—Dyspepsia, with a burning pain in the stomach; distention, with wind; belchings, that are worse after a meal. Scurvy of the mouth; the gums are spongy, and bleed readily.

Respiratory Organs.—Obstinate hoarseness. Cough, after the slightest cold. In neglected inflammation of the lungs, with foetid expectoration.

CHAMOMILLA.—*Cham.**(Chamomilla Vulgaris, Chamomile Flower.)*

General Symptoms and Characteristics.—*Chamomilla* is especially suited to the complaints of children and females; in the latter, chiefly during pregnancy, and when lying-in. In the above, *Chamomilla* acts most beneficially, especially if the biliary system be affected.

Symptoms.—Bitter taste, risings from the stomach, nausea, foul tongue, loss of appetite, thirst, sensibility to pain, and irritability of temper, are its chief characteristics.

Skin.—Rashes of children, and of their mothers during pregnancy and lying-in. Jaundice of new-born infants.

Sleep.—Sleeplessness at night, in children; starts, moans, and cries during sleep.

Fever.—Especially in children; coldness externally, heat internally; feverish heat, with flushed cheeks, or of one only; great restlessness, especially at night, with sleeplessness.

Head.—*Moral Symptoms.*—Extreme restlessness, pain, desire to vomit, thirst, and bitter taste after a fit of passion; cries about nothing, or the child is peevish and quarrelsome; giddiness, or bursting pain in the head, on getting up (from bed). *Eyes* in the morning are swollen, and the lids stick together; yellowness of the whites. *Face.*—Flushed face, with red and hot cheeks, or one is red and hot, and the other pale and cool.

Respiratory Organs.—Catarrh with hoarseness, with tenacious phlegm in the windpipe; oppression of the chest, as from wind.

Digestive Organs.—*Mouth.*—Violent toothache, especially at night, and when warm in bed; also after warm drinks, especially coffee; in children, troublesome teething, with diarrhoea, or convulsions. *Taste.*—Bitter; dislike to food, or too much appetite only in the evening. *Throat.*—Soreness, with swelling of the parotid glands. *Stomach.*—Sour risings, or sour, bilious vomitings; acidity of children; windy colic; spasms; diarrhoea, with

colic at night; diarrhoea during teething; the stools are green and watery, or undigested, or of white phlegm.

CHINA.—*Chin.*

(*Cinchona Officinalis*, *Peruvian Bark*.)

General Symptoms and Characteristics.—Pains are greatly increased by the least touch or motion. Rest at night is disturbed by periodical dreams. Great debility, caused by exhaustive discharges, diarrhoea, profuse sweats, loss of blood.

Skin.—Yellow skin. Jaundice.

Sleep.—Frightful dreams; the effect is frightful when awake; restless sleep, with sweat, on waking, of the head, or all over.

Fever.—Coldness all over, also with shiverings. Intermittent fevers, with symptoms of jaundice. Fever, with profuse sweat. The attacks commence with chilliness and shivering, in the afternoon or evening; next, the hot stage, which is followed at night by sweating. Thirst before and after the chilly stage, and when perspiring. Exhausting and profuse sweats, especially at night.

Head.—Periodical headaches, with debility, caused by any exhausting discharge; excessive sensibility of the head to touch.

Digestive Organs.—Enlargement of the spleen and liver. Jaundice, with dirty, yellow complexion,

pains in the liver, bilious taste, vomiting and loss of appetite. Dyspepsia, with bitter taste or want of taste. Sleepiness and oppression after meals, and sick feeling in the stomach. Diarrhoea; the stools are slimy, watery, yellowish, or mixed with undigested food, and are very foul. Itching at the anus, as of worms (especially in scrofulous, debilitated children).

Respiratory Organs.—Inflammation of the lungs, with shooting pains, excited or increased by the touch; burning pressure on the chest; protracted fever; excessive night sweats, and profuse expectoration; the last often streaked with blood.

Urinary Organs.—Urine is small in quantity, with a cloudy sediment like brickdust.

CICUTA VIROSA.—*Cic.*

(*Water Hemlock.*)

General Symptoms and Characteristics.—This remedy is chiefly indicated in the convulsions and spasms of catalepsy, epilepsy, or mania (see *Head*).

Head.—Mania, characterized by dancing, laughing, saying foolish things with flushed face. *Convulsions*, epileptic, with bluish face, and foaming at the mouth. Tetanic convulsions, the limbs are fixed and rigid, the body is arched forward or backward. During the attack, giddiness and inability to stand, with loss of consciousness; pro

minent and staring eyes ; face, bloated ; mouth, foaming ; he cannot swallow ; burning at the pit of the stomach.

Eyes.—Double vision, objects look double, and appear black.

CINA.—*Cin.*

(*Artemisia Judaica*, *Semen Cinæ*, *Mugwort of Judea*.)

General Remarks.—This remedy is chiefly valuable in complaints dependent upon, or coincident with, the presence of worms in the intestinal tube. Hence, in worm affections, in which are present convulsions and spasms (even epileptic), voracious appetite, itching at the nose and anus, causing to pick and scratch at those parts, wetting the bed, hydrocephalus, emaciation.

Sleep.—Nocturnal restlessness, tossing about in bed ; inability to sleep ; in children having worms.

Fever.—Intermittent fevers ; vomiting, excessive hunger, itching of the nose, obliging to scratch.

COCCULUS.—*Cocc.*

(*Cocculus Indicus*, *Indian Cockle*.)

General Remarks.—*Cocculus* is suited to violent pains over the abdomen, threatening peritonitis, with delirium. Dreadful fear of what is about to happen, with great irritability. The pains are

made worse by touch, loud talking, or by an increase of temperature.

Fever.—Chilliness, with shivering down the back, great pains and soreness in the abdomen; the bowels are distended; costiveness; heat and redness of the face and cheeks, with chilliness of the rest of the body, and cold feet; nausea, feeling of prostration, headache, and great anxiety.

Head.—The head feels as if tightly tied round with a string; headache, as if the eyes would be torn out, the head feels empty and hollow, the pains are constrictive, boring, burning, or tearing.

Respiratory Organs.—Asthma, with shortness of breath, and with a tight constricted feeling on the right side of the chest; suffocative oppression of the chest, with wheezing and snoring breathing, especially when inspiring. *Heart.*—Nervous palpitation, sympathetic with the stomach.

Digestive Organs.—Inflammation of the gullet, with great dryness and burning. Inability or difficulty of swallowing, as though the gullet were paralyzed. Long-continued nausea, with faintness, headache, accumulation of saliva in the mouth, and with pains in the abdomen. Sea-sickness, nausea from riding in a carriage. Tearing pain in the bowels, distended abdomen, windy colic. Stool, constipated or loose and windy, and often repeated; these should accompany the stomach symptoms.

COFFÆA.—*Coff.*

(*Coffæa Arabica Cruda*, *Coffee-bean*.)

General Symptoms and Characteristics.—*Coffæa* is pre-eminently useful in the complaints of nervously sensitive people, especially females and children. Persons addicted to the employment, as a beverage, of a decoction of this drug will not obtain the full benefit of its action. In large doses (in decoction) it is a capital antidote to several vegetable poisons, and to alcoholism (see also "*Nux Vomica*").

Fever.—*Coffæa* is not strictly homœopathic to any fever; it will, however, afford relief (in decoction) to the febrile excitement following a slight over-indulgence in wine, and table pleasures.

Mental Affections.—Excessive nervous excitability, causing wakefulness.

Sleep.—*Coffæa* gives quick relief from wakefulness at night (without organic disease); such a state of restlessness accompanies excessive anxiety, and over brain work. The partial waking up, and startings, of infants. See *Aconite*.

Digestive Function.—Dyspepsia, waterbrash, and indigestion, may require *Coffæa*. The symptoms indicating *Coffæa* are,—nausea, retching, or vomiting, after eating, or after too full a meal, or from excessive irritability of the stomach, and tenderness of the pit of the stomach to pressure.

Respiratory Affections.—*Coffæa* cures or relieves a nervous kind of cough, in cases where the other symptoms correspond.

Urinary Affections.—*Coffæa* may afford relief in some cases of retention of urine, where the patient has continual and painful desire to pass water, but can only pass a few drops at a time, with considerable heat in the passage. *Coffæa* must, however, be otherwise indicated.

COLOCYNTHIS.—*Coloc.*

(*Cucumis Colocynthis*, Wild (*Bitter*) *Cucumber*.)

General Symptoms and Characteristics.—The chief action of *Colocynthis* is of a violent and irritant character on the stomach and intestines, and it is of great value in some important and dangerous affections of those organs (see "*Digestive Organs*"). *Colocynthis* has also a powerful muscular action upon the muscles of the limbs.

Skin.—Itching, followed by sweat.

Fever.—*Colocynthis* is only indicated where the fever symptoms are subordinate to other (gastric, bilious, or rheumatic) characteristics of this drug.

Head.—Headache, also with ophthalmia, in gouty individuals; headache of only one-half the head, the pains are tearing and compressive, and are made worse by moving the eyelids.

Digestive Organs.—Bitter and empty risings,

gripings and spasms in the stomach. *Coloc.* is the most valuable remedy we possess for colicky gripings, and diarrhœa, after taking very little food. Pains, pressive, constrictive, griping, bruising, cutting; the pains are relieved by bending forwards, and by stool. *Stools*;—*dysentery* with bloody and mucous evacuations; violent colic about the navel, distention and tenderness of the bowels, constant urging to, and ineffectual and painful straining at stool.

Urinary and Genital Organs.—*Coloc.* causes a diminution in the quantity of voided urine; also, the passage of offensive urine, afterwards thick and gelatinous. *Coloc.* may be indicated in albuminuria, in stone (of the bladder or of the kidneys), and in various gouty and gastric diseases.

CUPRUM.—*Cupr.*

(*Copper.*)

General Symptoms and Characteristics.—Spasms and inflammation of the stomach and intestines; Asiatic cholera; whooping-cough; spasmodic asthma; epilepsy. The entire group of symptoms should indicate this remedy.

Brain and Spinal Cord.—Stupifying pressure downwards in the head, with creeping at the vertex; bruised pain in the head and eyes, when moving the latter; epileptic or tetanic spasms, the spasms

are very violent, and difficult to palliate; convulsive tossing of the limbs at night, when asleep. Chorea.

Face, Eyes, Ears.—Muscular spasms of the face; dilated pupils, the eyes are, however, sensitive to light; disturbed, unsteady, protruding eyes. Partial deafness.

Digestive Functions.—Violent pains in the stomach and bowels, with loathing, and constriction of the throat; bilious and metallic eructations; desire to vomit; retching; vomiting of bile and mucus, and of greenish, and even bloody substances; distention of the abdomen, which is tender to pressure; diarrhœa, with discharge of brownish, greenish, blackish, and even bloody excrements; occasionally constipation, with tenesmus, thirst, fever, loss of appetite, anxiety, jaundice, &c. These symptoms indicate, and are curable by *Cuprum* in various violent inflammations of the stomach and intestines, Asiatic cholera, etc.

Respiratory Affections.—Croupy cough, with much irritation of the mucous membrane lining the windpipe; this secretes much phlegm, and is only expelled after a violent choking fit of coughing; the cough is worse at night, lying down; spasmodic asthma, with cramps of the chest, afterward vomiting of mucus.

DROSERA.—*Dros.*

General Indications. — Catarrhal affections; whooping-cough. The symptoms are worse at night, when warm in bed.

Respiratory Organs. — Whooping-cough, with vomiting and bleeding at the nose and mouth; suffocative symptoms; contractive pain under the ribs; difficulty of expiration, with pain, obliging to press upon the pit of the stomach.

DULCAMARA.—*Dulc.*

(*Solanum, Dulcamara, Bitter Sweet.*)

General Characteristics.—*Dulcamara* is suited to individuals of weak and scrofulous habit of body, and with glands which have enlarged slowly. In complaints from catching cold by exposure to wet or cold. The pains, to which this remedy is homœopathic, are worse during rest, and are ameliorated by motion; for the first-mentioned reason, they are very apt to appear at night. *Dulcamara* is also useful in paralysis, dependent upon a suppressed eruption, and in translated rheumatism; general dropsy.

Skin.—Nettlerash, with fever; eruptions, with vesicles. Milk-crust; moist tetter. *Dulcamara* is, however, seldom, if ever, indicated in these eruptions, without the scrofulous habit of body is

evidenced by the presence of enlarged glands, such as have been already described ; these are chiefly situated in the neck.

Fever and Catarrh.—Fever, accompanying common catarrhal affections ; these are accompanied by symptoms of disordered digestion, pains in the limbs, and headache ; moist asthma ; whooping cough, with loose expectoration ; hoarseness.

Digestive Organs.—Inflammation of the intestines, like catarrh, and caused by cold ; giving rise to a relaxed state of the bowels, the stools being yellow and watery, with colic.

Urine.—Inflammation of the mucous membrane lining the bladder ; frequent desire to pass reddish thick, and offensive urine ; inability, without great difficulty, to pass urine.

EUPHRASIA.—*Euphr.*

(*Euphrasia Officinalis*, *Eyebright*.)

Catarrhal ophthalmia of the eyes, with profuse secretion of tears, also with cold (coryza) of the head (frontal sinuses, nostrils, etc.), the eyelids are somewhat inflamed, and the eyes are more or less sensitive to the light. The mucous membrane (the part affected) lining the eyelids being continuous with the nostrils, and, consequently, with the windpipe, and the frontal sinuses, it follows that the affection of the eyes is often accompanie

by symptoms of catarrh, with cough, by shortness of breath, and by headache.

HELLEBORUS NIGER.—*Hell.*

(*Christmas Rose*.—*Nat. Ord. Ranunculaceæ.*)

General Symptoms and Characteristics.—*Helleborus* chiefly affects the brain, and its serous membranes; the mental powers; and the lining mucous membrane of the stomach and intestines. It is also indicated in certain urinary and sexual affections, in cases where they are associated with the other characteristic indications for this drug.

Skin.—Although not specially indicated in skin diseases, *Helleborus* is required for dropsy, following scarlet fever, measles, etc., in individuals of depressed organization.

Fevers.—*Helleborus* is sometimes required in lentescient typhus, where brain symptoms correspond to its action.

Brain, Spinal Cord, and Mental Affections.—A sense of stupefaction, with dizziness; dull, bruised, feeling in the head; the effects of compression or of pressure (not, however, by any external injury) upon the brain. Where the senses, previously sound and healthy—the sight, hearing, memory, the thinking power, etc.—are impaired. Mania arising from suppressed discharges, especially of the catamenia, and of the milk in newly-delivered mothers. The above-mentioned symptoms point

to the employment of this medicine in hydrocephalus (water on (dropsy of) the brain), in case corresponding to those mentioned above, under the heading of "*Skin*."

Sleep.—This is restless, especially towards morning, with confused dreams; the eyes remain partly open during sleep.

Face.—The face is pale, at the same time that the head is burning hot.

Head.—Headache also with ophthalmia, in gouty individuals. Headache affecting one-half of the head.

Digestive Function.—The *Black Hellebore* acts powerfully upon the stomach and intestines. It should be compared with *Veratr.* (*Veratrum Album* or *White Hellebore*). *Helleborus* may be required in certain cases of stomach inflammation, of summer cholera, and, perhaps, of Asiatic cholera. It causes in the healthy, and is, therefore, homœopathically curative of, nausea, terminating in the vomiting of green bile, and the contents, if any, of the stomach, of purging, with painful straining, and colic in the abdomen; also for jelly-like stools. Bitter taste after eating.

Respiratory Affections.—*Helleborus* is a valuable medicine in cases of dropsy of the chest (hydrothorax), and, probably, of the serous envelope of the heart, coming after scarlet fever, etc. (see "*Skin*"). The breathing is hurried, or slow and laboured; the urine is diminished in quantity. The skin is

uffy-looking, and pits on pressure, especially on the lower limbs.

Urinary and Sexual Affections.—The urine is very scanty, and a serous effusion (dropsy) takes place under the skin of the body. Dropsy caused or menstrual suppression.

HEPAR SULPHURIS. — *Hep. S.*

(*Calcareæ Sulphurata, Sulphuret of Lime.*)

General Symptoms and Characteristics.—In affections resulting from the too free use of mercury; profuse, enlarged glands, with the secretion and discharge of pus; tumours ending in abscess, after matter has formed. *Hepar Sulphuris* pains are worse at night. Feeling of soreness in the limbs, as though they were bruised by blows. Croup (see *Respiratory Organs*).

Skin.—Unhealthy skin, any injury heals with much difficulty; it often suppurates; broken skin (chaps); jaundice, with blood-red urine.

Sleep.—Sleeplessness at night (see "*Fever*").

Fever.—Feverish chilliness at night, with sleeplessness; sweats profusely day and night; also at night, only about the head; they smell sour.

Head.—Headache in one half of the head, with boring pain; headache, when shaking the head, with giddiness. *Eyes,* ache in bright daylight. *Ears,* discharge of pus from the ears. *Face,* pains of the bones, when touching them (after mercury).

Erysipelatous inflammation and swelling of the face.

Respiratory Organs. — Croup, after the false membrane has commenced forming; wheezing great difficulty of breathing, and hoarseness chronic bronchitis, with violent cough, especially at night.

HYOSCIAMUS.—*Hyosc.*

(*Hyosciamus Niger, Black Henbane.*)

General Characteristics.—The symptoms indicating this remedy are given below, see especially the article headed "*Mental Affections.*"

Skin.—For dry pustules, like smallpox, followed on the fourth day, by a peeling off of the superficial skin.

Fevers.—For the fever of cerebral typhus.

Mental Affections. — *Hyosciamus* chiefly affects the brain, and is homœopathic to several severe affections of that organ. In inflammation of the brain, delirium tremens, typhus, and apoplexy. The patient may have some of the symptoms mentioned under the heads of, "*Eyes,*" "*Face,*" etc. and in addition, partial or complete, insensibility constant drowsiness, picking of the bed-clothes, desire with endeavours to get out of bed (patient suffering from cerebral typhus will get up, when unwatched, and be found standing, with a vacant look, in the room, with some article of dress in the

hand), noisy, furious, muttering, delirium, with use of bad, foul language.

Face.—*Hyosciamus* is indicated in apoplexy, typhus, etc., where some of the following symptoms are present: nose-bleeding, bluish-red and swollen face, brownish-red and puffed face; and in cases where the face is distorted and the mouth open.

Eyes.—Although *Hyosciamus* seldom cures what may be called a true eye affection, its eye symptoms are in various affections a leading indication. The patient may squint; he may be unable to open the eyelids; or he may be partially or totally unable to see any object, or he may mistake its true character; or his eyes may be wide open, or brilliant and sparkling (in insanity); or the pupils may be widely dilated, with loss of sight. Squinting has been cured by this remedy, in cases where the habit is of recent acquirement.

Mouth.—The tongue is parched and dry, or coated with a brown fur; frothing at the mouth; partial or complete numbness. Constriction (choking) of the throat (spasm), preventing the swallowing of liquids, in many cases with an aversion to the latter. The former symptoms point to typhus, the latter to hydrophobia.

Digestive Functions.—*Hyosc.* is homœopathic to various symptoms of derangement of the digestive system, which may be present in typhus and hysteria. Tenderness, with nausea, at the pit of the stomach, on pressure; also tenderness, with

distention, of the whole abdomen; hiccough; vomiting of food after eating. Watery and involuntary diarrhoea.

Respiratory Affections.—*Hyosciamus* is curative of a dry, convulsive, continuous cough, aggravated at night; this may occur in hysterical females or in whooping-cough.

Urinary Affections.—In typhus the patient may be unable to pass his water, although having the desire to do so.

IGNATIA.—*Ign.*

(*Ignatia Amara, St Ignatius' Bean.*)

General Symptoms.—Hysteria, spasms, convulsions, and fits; the effects of grief or fright, etc. The pains are increased by coffee, brandy, smoking, and noise, and are relieved by a change of position.

Skin.—Itching, relieved by scratching.

Fever.—Intermittent fevers; chilliness, with thirst in the cold stage; in the hot stage, red cheeks, without thirst.

Brain and Spinal Cord.—The pains in the head indicating *Ignatia* are pressing and aching; they are felt all over the head, or they shift from one part to another, or they are intermittent. One half of the head aches. The pains are relieved by leaning the head upon a table, and made worse by thinking and mental exertion. A marked symptom of *Ignatia*, not confined to the head, is a feel-

ing as though a sharp-pointed body, like a nail, were being pressed in.

Nervous Affections.—*Ignatia* is indicated in similar diseases to *Nux Vomica*. The digestive symptoms should be compared. *Ignatia* is indicated in hysteria and other nervous affections. The effects of deep grief, with a feeling of a ball rising in the throat.

Throat.—Sensation of a lump in the throat.

Digestive Function.—The taste is flat or chalky; milk tastes for a long time in the mouth. *Appetite* deficient, or too easily satisfied; there is an aversion to all food and drinks, especially to warm food, meat, and milk. *Stomach*, nausea and vomiting; food-tasting hiccough, or gulping; prickings over, and weak empty feeling in, the pit of the stomach, which is tender to touch. Pain about the navel, with swelling. Descent of the gut during stool. Itching and creeping in the gut. Pin (thread) worms.

Respiratory Affections.—Aching in the forehead, and a feeling in the nose, as though a cold were about to come on. A feeling of constriction at the pit of the throat, and short cough, as if from dust. Nervous cough and difficulty in breathing, in cases where the other symptoms and the temperament of the patient correspond.

Urinary Affections.—Abundant secretion of urine is an additional indication for this drug.

IPECACUANHA.—*Ipec.**(Cephaëlis Emetica.)*

General Symptoms and Characteristics.—*Ipecacuanha* affects the chest and stomach. It is chiefly indicated by a periodical aggravation of its symptoms (like *Arsenicum* and *China*), especially at night.

Skin.—Incidental symptoms are, prickings, ending in a burning pain.

Fever.—The periodical nature of the symptoms produced by this drug, point out its homœopathic relation to intermittent fevers. In such diseases, if *Ipecacuanha* be indicated, the stomach symptoms of the disease should, as well as the time of their aggravation, correspond with the other symptoms of *Ipecacuanha*.

Head.—In semilateral headache, with stinging pains, with periodical gastric derangement. The pains are fine and stinging, and are brought on, and made worse, by the touch.

Mental Affections.—*Ipecacuanha* will relieve a sense of irritability and impatience, in cases where the head and stomach symptoms correspond.

Nose.—For bleeding from, periodical (for effects of bleeding, see *China*).

Digestive Functions.—The *taste*; flat, sweet, or bitter; nausea, with flow of saliva and empty risings. Empty retching, vomiting of the food taken, of thin bile, or of blood; vomiting with

diarrhœa; the stools are loose and fermented; discharge of blood from the fundament. The periodical aggravation of these symptoms would be an additional indication for this drug (especially at night).

Respiratory Affections.—*Ipecacuanha* is indicated in; dry cough, with suffocative spasm of the chest, bluish face, retching and vomiting at night; cough with expectoration of blood, or bleeding from the nose; also, for anxious, difficult, and hurried breathing, feeling of suffocation, dread of death, and pale and livid countenance. The above-mentioned symptoms may be present in whooping-cough, in spasmodic asthma, and the asthma of Millar.

Urinary Affections.—For discharge of blood from the urethra, with urging to pass, and difficulty in passing urine; with these symptoms, may be conjoined chest (asthmatic) or gastric troubles (see the articles above).

LACHESIS.—*Lach.*

(*Trigonocephalis Lachesis.*)

To Dr Hering, of Philadelphia, belong the credit and responsibility of the provings (pathogenetic effects) of this drug, and of its introduction into our materia medica. *Lachesis* is seldom recommended in this work, if other remedies are available in its stead. The required symptoms

indicating *Lachesis* are very fully given in every instance where that remedy is the appropriate one.

LYCOPODIUM.—*Lyc.*

(*Lycopodium Clavatum*, *Club Moss*, *Wolf's-claw*.)

General Symptoms.—This is one of the most important of Hahnemann's anti-psoric remedies. With some few exceptions, it is seldom given in domestic practice. We will notice here its action upon the glands, upon the skin, upon the intestines, and upon the urinary organs.

Skin.—The excoriations of infants; swelling of the glands of the neck and trunk; spots of dry tetter.

Digestive Affections.—Obstinate chronic constipation, with a tendency to distention of the stomach and of the whole abdomen.

Urinary Affections.—In these, *Lyc.* is often beneficial; this is, however, a variety of diseases where professional aid is almost always required and obtained. It often benefits children who are troubled with an inability to hold their water, a complaint popularly known as "wetting the bed;" this complaint may depend on worms, or upon some more direct irritant of the bladder.

MERCURIUS.—*Merc.**(Hydrargyrum, Mercury.)*

General Symptoms and Characteristics.—*Mercurius* affects more or less all the tissues of the body, glandular, osseous, mucous, and cuticular. Its action is destructive, producing suppuration (disorganization) of parts, or of the whole body. Ophthalmia, of a syphilitic, catarrhal, rheumatic, or scrofulous description. The pains and symptoms of *Merc.* are aggravated at night. Bone pains, a profuse flow of saliva from the mouth, and the other leading symptoms for this drug, are noticed each under its respective heading.

Skin.—Jaundice; vesicular eruptions; vesicular, greasy, and readily bleeding itch, and spongy and readily bleeding ulcers. Suppurative stage of smallpox. Enlarged, inflamed, and suppurating glands, especially in the groin. Itching at night, worse in bed. Eruptions with itching, which burn after scratching; eruptions with stinging itching, or with burning itching.

Fever.—The pulse is somewhat full and quick, with profuse sweats, without relief. Great thirst, in the hot stage. Paroxysms of fever, especially at night. Chilliness in the daytime; at night, in bed, heats, with great thirst. *Mercurius* is useful in fevers of a rheumatic, bilious, gastric, or catarrhal type, also in wasting and mucous fevers.

Brain and Spinal Cord.—Craziness, weakness of

intellect and memory, with extreme weakness of body. *Headache*, catarrhal; the head feels constricted, with a feeling of fulness and pressure from within outwards, especially through the forehead; with running from the eyes and nose, with chilliness. *Rheumatic headache*, with lacerating pains in the bones of the head, and the scalp; the whole of the external head is painful to the touch; watering of the eyes. Bilious headaches with burning of the head, sensitiveness to noise, bilious vomiting, constipation or bilious diarrhoea.

Sleep.—The symptoms and pains indicating *Mercurius* are much worse at night; drowsiness by day, restlessness, heat, and inability to sleep, or very disturbed sleep at night; profuse sweat without any relief, in the night.

Face, Eyes, Nose, Ears.—In ophthalmia, for redness of the eyes (or eye) and lids; smarting, burning, the eyelids stick together, in the morning. Syphilitic ophthalmia. Syphilitic iritis, and spots before the eyes. Jaundice, with yellowness of the whites of the eyes. The ear is inflamed, it feels sore, as though it were excoriated; noises in the ears; discharge of matter, or of matter mixed with blood; pains feel as though in the bone, and are worse at night. *Mercurius* is required for destruction of the bones of the nose (from syphilis); for inflammation of the lining membrane of the nose, ending in suppuration, and for the discharge of foul smelling pus. The tip of the nose may be

swollen, inflamed, red, and itching. Many of the above-mentioned symptoms are present in severe catarrh.

Mouth, Teeth, Throat.—*Mercurius* causes swelling and inflammation of the gums; ulcers, secreting pus on the mucous membrane lining the cheeks; profuse flow of saliva, and swelling and ulceration of the salivary glands. These symptoms are present in various affections:—thrush, sore-throat (angina faucium), nursing sore mouth, inflammation of the tongue, catarrh. In *scurvy*, where the gums are spongy and easily bled. In *toothache*, *Mercurius* is a very valuable remedy, where, in addition to the above-mentioned symptoms, the teeth feel too long, the contact of the opposite teeth causing great pain; they also are, or feel, loose; cracks and ulcers at the corners of the mouth. In common sore-throat, and quinsy, with stinging pains in the throat and tonsils, chiefly when swallowing; throat looks swollen and red; difficulty of, and pain when, swallowing.

Digestive Function.—The *taste* is sweet, foul, metallic, saltish, or bitter. Dislike to warm and solid food, *ex. gr.* meat. Bitter, foul, or acrid eructations. Bitter, bilious vomiting. Enlarged and inflamed liver, tender to the touch.

Jaundice, with ulcerative, burning pain, at the pit of the stomach (epigastric region); the whites of the eyes are yellow, and the whole of the skin, including the face; slightly coated tongue;

pale, dry, fæces, with constipation; and deep yellow urine. Bilious colic, ending in an emission of flatulence. Diarrhœa and dysentery, with discharges of blood and fæces, bloody mucus, greenish excoriating stools, or pap-like or quite fluid substances. These discharges may be symptoms of dysentery, of the summer complaint of children, or of bilious colic. Worms, in cases where *Merc.* is otherwise indicated.

Respiratory Affections. — In common catarrhal complaints, the symptoms indicating *Mercurius* are principally those of the nose, mouth, and throat. Hoarseness, or loss of voice, the windpipe and throat feeling dry. Pains in the head and chest when coughing, as though the latter would fly to pieces. *Mercurius* causes expectoration of blood and pus, with cough, difficulty of breathing especially at night when lying down, and more particularly on the left side.

Urinary Affections. — *Mercurius* causes a large secretion of watery urine. *Merc.* is homœopathic to a yellow discharge from the penis (urethra) without inflammation.

NITRI ACIDUM.—*Nitr. Ac.*

(*Acidum Nitricum, Nitric Acid.*)

Characteristics. — This remedy is chiefly indicated in individuals having a mercurial, syphilitic or scrofulous taint (dyscrazia), where some of the

under-mentioned symptoms are present. This medicine requires, in some cases, to be employed in larger doses than is the case with the other homœopathic remedies; in such cases it is better that it should only be taken subject to professional homœopathic advice.

Skin.—Readily bleeding skin. Varicose veins and ulcers. The ulcers are painless, and secrete ichorous matter. Syphilitic eruptions, especially in cases where mercury has been taken in large salivating doses; various forms of warts (*figwarts*), etc.

The Brain.—In the headaches of syphilitic or mercurialized patients. The head feels as though it were compressed by a tight bandage; pains in the skull bones; throbbing headache.

Eyes, Nose, Ears, and Mouth.—In ophthalmia of the above-mentioned varieties (see "*Brain*"); also for hardness of hearing, with discharge, in the same; also in cases where the bones of the nose and cheeks become ulcerated.

Digestive Functions.—*Mouth and Throat*, excessive flow of saliva; foul breath; the lining mucous membrane is ulcerated, and there is great burning and dryness, with stinging pains in, and some swelling of, the throat. The putrid sore throat of scarlet fever. The effects of mercury upon the teeth and gums,—loose teeth which feel too long; the gums are swollen, spongy, and ulcerated, and easily bleed. *Stomach and Intestines*, sour risings with burnings at the pit of the stomach, or pain

and tenderness on pressure; vomiting of bile and phlegm. Torpidity of the bowels in passing the stool, or slimy or bloody stool, with straining and bleeding piles.

Respiratory Affections. — Short and difficult breathing, with palpitation on any exertion,—going up stairs, etc., if the other symptoms agree. The patient is dropsical, probably dependent on chronic liver disease.

Urinary Affections.—Inability to hold the urine. The urine is thick, of a dark-brown or red colour, and it burns in passing.

NUX VOMICA.—*Nux Vom.*

(*Strychnos, Nux Vomica.*)

General Symptoms and Characteristics. — *Nux Vomica* is homœopathic to spasm; it has, therefore, an immense range of action. *Nux Vomica* is especially adapted to the nervo-bilious temperament and to individuals who are generally constipated and subject to piles. Symptoms indicating *Nux Vomica* are caused by sedentary pursuits, requiring much brain-work. This habit of body is more common in this country among males than females.

Skin.—*Nux Vomica* cures excessive itching of the skin, as if ants were running over it; dependent upon gastric disturbance requiring this remedy.

Fever.—Intermittent fevers, with gastric symptoms. The *fever* returns every day, or nightly

Chilliness, with blue skin, and nails; shuddering from cold, when removing the clothes, and from drinking, with thirst. Constipation and chilliness, with hot head and flushed cheeks.

Brain and Spinal Cord.—Headaches of various kinds; *ex. gr.* those caused by indigestion (gastric headaches); after overloading the stomach; aggravated by eating, with nausea, and retching (often sour), and constipated, or irregular, bowels. Headache, in an individual of a bilious habit of body, with, in addition, bilious or sour vomiting; at the same time the head feels as though it would split.

Headaches (splitting, aching, sticking, as from a nail), from over-indulgence in stimulants (spirits, wine, coffee), in eating, and from sedentary pursuits.

Nervous Affections.—Spasms of muscles, local and general. These spasms may affect the face only, causing lockjaw, and may be excited by contact, or by the approach of anything to the mouth; or, they may affect the whole body, the rigid, *arched*, spasm. *Nux Vomica* removes the hypochondriacal irritability of individuals of bilious temperament.

Sleep.—*Nux Vomica* cures heavy, restless, unrefreshing, sleep; the patient sleeps heavily, until four o'clock in the morning, when he wakes unrefreshed; his after-sleep is unpleasant, and full of dreadful dreams. These symptoms are likely to succeed to a heavy supper.

Face, Eyes, and Nose.—Although *Nux Vomica*

is not specific to affections of these parts, it cures several local complaints dependent on gastric irritation, to which *Nux* is specific. Weak sore eyes; scurvy of the gums; toothache affecting several teeth at the same time.

Digestive Function.—The gastric juice is altered, the secretions of the stomach and intestines are diminished in quantity; the secretion of the liver (bile) is increased. The breath smells unpleasant; the taste is salt, bitter, sour, or foul, but not of the food; loss of appetite, with dislike to the usual food; sensation of hunger, with dislike to food, or hunger, which is satisfied by merely tasting food; heartburn, and rising of a sour, bitter fluid; oppression, after eating, at the stomach, with a metallic taste in the mouth, and nausea, and irritable temper. In the *morning*, nausea, or vomiting of sour mucus and blood. *Stomach*; great pain in, pressure, as from a stone; distention, with a feeling of contraction or constriction; the region of the stomach is tender to touch; burning pain, or distention, with flatulence, after eating or drinking; sensation of weakness in the groin, as though ruptured. The above symptoms indicate *Nux Vomica* in heartburn and waterbrash; vomiting in the morning, or after meals; for pregnant females; dyspepsia; spasm of the stomach; various sorts of colic, and hernia. The increased secretion of bile may give rise to a mild sub-acute form of jaundice. The stool is relaxed, or constipated, or either,

alternately. *Nux Vomica* is unsuited to ordinary diarrhoea, but is to constipation, or to an irregular action of the bowels; also in cases where piles (soft, internal, and bleeding, not external or hard) are present, with frequent ineffectual desire for stool. Lastly, *Nux Vomica* is often useful in cases of protrusion of the gut (prolapsus ani).

Respiratory Affections.—In common cold in the head; it, as well as the nose, feels stopped up; the lining mucous membrane of the nostrils is irritable, and itches, with sneezing, and sometimes bleeding, from the nose. Cough, as though the head would split, ending in vomiting. Dry, spasmodic, sticking, cough, with a sore feeling at the pit of the stomach. Asthma; spasmodic, especially at night in bed, when walking, or going up stairs, and after a meal, with a sensation of constriction of the chest, of difficulty of breathing, and anxiety.

Urinary Affections.—*Nux* relieves spasm, shown by ineffectual efforts to urinate, or an inability to hold the water (wetting the bed), the reaction after spasm.

OPIUM.—*Op.*

(*Papaver Somniferum*, Poppy.)

General Symptoms and Characteristics.—Chiefly in recent affections. Ill effects of spirituous liquors, of fright, or sudden joy; diminished nervous susceptibility; for the want of vital re-

action after certain drugs. Typhus, apoplexy, mania.

• *Skin*.—Suppressed eruption, when it is indicated by other symptoms (see *Head*).

Sleep.—Extreme drowsiness, and stupor; sound sleep, as after an apoplectic fit, with snoring. Further, for wakefulness, if the other symptoms correspond.

Fever.—In fevers with brain (cerebral) symptoms; in apoplectic, intermittent, fevers; typhus. Sleepiness; head hot, and burning; face, red, hot, and bloated; breathing, snoring, insensibility to light; convulsed motions of the hands and legs.

Head.—Head and face are swollen; a dark-red, or reddish blue, colour on the face, which is bloated. *Eyes*, prominent; pupils, first contracted, afterwards dilated; are insensible to light; the eyelids are half-closed.

Respiratory Organs.—Hoarseness; dry, spasmodic cough; breathing, stertorous (snoring), with head symptoms.

Digestive Organs.—Lead colic; constipation, dependent upon deficient peristaltic action of the small intestines; vomiting of blood, mucus, or fæces; the abdomen is hard, and distended.

Urinary Organs.—Urinary difficulties dependent upon the want of irritability of the muscular fibres of the bladder. Retention of urine, and involuntary dribbling of urine.

PHOSPHORUS.—*Phosph.*

General Symptoms and Characteristics.—This remedy is chiefly serviceable in some nervous and other affections, that are dependent upon disorganization of the nerve-substance of the brain, and spinal cord. Agitation of the arterial system, and burning of the hands; bleeding too easily, too much, and exhaustingly of various organs. Extreme debility, emaciation and nervous weakness; these often are accompanied by great sexual irritability. Enlarged and suppurating glands; ulceration of the bone tissues.

Skin.—*Phosphorus* is very serviceable in the cutaneous affections of individuals of broken-down constitution, where the skin affection is only a symptom of the general habit of body. Caries (ulceration or exfoliation) of the bones, with a thin (sanious) offensive discharge. Unhealthy boils and carbuncles.

Fever.—Coldness of the whole body, or only of the limbs; the feet and hands are deadly cold. Fever preceded by chills. Alternate heats and chills, with wasting fever. The pulse is too quick, being quick and full, or quick and weak. Night sweats. Tongue is dry and often furred. Typhus.

Inflammation.—Gangrenous inflammation, with red petechiæ on the skin (not black, for which see *Arsenicum*). Inflammation of the lungs (pneumonia).

Brain and Spinal Cord.—*Phosphorus* is in intimate relation with, as has been already mentioned, and has a powerful action on, the nervous system and in those complaints dependent on disorganization of the nerve-substance. The head feels heavy and full, with a feeling of pressure from within outwards; stupifying headache; dizziness and vertigo, with nausea, and a sensation of pressure in the head. Great falling off of the hair (alopecia). Excessive sexual desire.

Sleep.—Sleeplessness; he falls asleep late; uneasiness, restlessness; rushes of blood to the head. Vividly anxious dreams.

Face and Nose.—Pale, sunken, sickly, sallow, bloated face, with livid circles round the eyes, accompanied by flushes of heat. Pains in the bones of the face; muscular twitchings of the face. Polypus of the nose, with difficulty of smelling, and with a bloody and purulent discharge.

Eyes.—In incipient blindness (amaurosis); the sight is dim, and weak, and there appear to be black points before the eyes. These symptoms may follow a long-continued, or too frequently repeated, debilitating discharge.

Ears.—Deafness of scrofulous individuals; beating and throbbing in the ear, and dryness of the ears; discharge from the ears, with improved hearing. Humming in the ears.

Digestive Functions.—*Teeth*;—death and ulceration (necrosis) of the jaw-bones (especially the lower

one). *Taste* ;—slimy, and sour (after eating) ; loss of taste ; excessive appetite, as in some forms of consumption. *Risings* ;—empty, sour or bitter, or tasting of the food. *Vomiting* ;—greenish, blackish, or of food, with great pain in the stomach, and with great weakness. Nightly vomiting of bile or phlegm, with cold and numb hands and feet. Violent burning pains in the stomach, or a digging or clutching pain ; the stomach is tender to touch. The pains are relieved by drinking cold water. Cold feeling, or heat and burning, in the abdomen. Chronic, watery, undigested, mucous, or pappy stools, in consumptives.

Respiratory Affections.—In most cases of inflammation of the mucous membrane lining the wind-pipe, bronchial tubes, and air-cells,—known as croup, laryngitis, bronchitis, pneumonia, and even in those ending in consumption. In these complaints the cough may be dry, tickling, or racking (as though the skull would fly to pieces) ; there may be roughness of the voice, or hoarseness, or a loss of voice ; there may be a burning irritation, soreness, or tightness across the chest, with dryness ; the expectoration consists of frothy mucus, of bloody and frothy mucus, or even of purulent matter. Pain in the left side, and in other parts of the chest ; whilst taking a deep breath, worse when coughing ; the pain is felt even when quite still ; there is a desire, or a necessity, to breathe deeper (to sigh) than usual.

Urinary Affections.—Shining urine, with an oily film on the surface; thick, turbid, or watery urine. Great sexual excitement.

ANEMONE PULSATILLA.—*Puls.*

(*Pulsatilla Nigricans*, Windflower.)

General Symptoms and Characteristics.—*Pulsatilla* appears chiefly to affect the mucous membranous lining of the eyes, of the digestive tube, of the urinary organs, and of the sexual (female) organs. It is more suited to persons of a lymphatic and scrofulous habit of body, of fair complexion, and of easy, soft-hearted and tearful disposition, than of firm fibre, irritable and decided temper, and bilious temperament.

Skin.—In measles, with gastric irritation and diarrhoea; varicose veins, of the lower extremities, in females, consequent upon the venous obstruction caused by a pregnant womb.

Inflammation and Fever.—Intermittent fevers, with more chilliness than heat; the other symptoms must agree. The rheumatic pains are sticking, tensive, and tearing; joints feel sore as from a bruise. *Pulsatilla* pains are chiefly felt in the shoulders, elbows, knees, and insteps. The attacks of rheumatism, or rheumatic gout, requiring this remedy, are generally of a sub-acute kind, such as follow acute inflammatory rheumatism. Inflammation, with great swelling of the knee, of scrofulous individuals.

Brain and Spinal Cord.—The pains and headaches of *Pulsatilla* are worse in the evening; they continue all night, or come on after eating fat food, or when moving the head or eyes, or when stooping, or when making any calculation. *Vertigo*, humming in the ears; drawing, jerking, or tearing-stitching pains in the head, with indistinctness of sight; congestion of, from a rush of blood to, the head, with beating in the brain. Those symptoms are often present in gastric and bilious headaches, and in those of females, where, however, the temperament must correspond. Depression of spirits; tearful and melancholic disposition, of hysterical females of delicate organization.

Sleep.—Falling asleep very late, with restlessness during the night; unpleasant or disgusting dreams.

Eyes, Ears, Nose.—*Pulsatilla* has an important influence upon the *eyes*. It causes various pains;—as though the eyes were scraped with a knife; or a sensation of boring, cutting, stitching, tearing, itching, and burning; boring pressure; pressure as though the eyes were full of sand. Inflamed and swollen eyelids. Watering of the eyes in the cold (out of doors). Dimness of sight. Styes. Blear-eyedness. Sticking together of the eyelids. Hence *Pulsatilla* is often required for inflammation of the eyes, ophthalmia, and incipient cataract; these will probably be of a sub-acute type in individuals of a scrofulous habit of body. *Ears*;—inflamma-

tion of the ear, with purulent discharge, noises, ringing, and roaring in the ear, with heat, redness, and swelling. Deafness, as though the ears were stopped up, especially after measles. *Nose*;—thick discharge from the nose, with ulceration of the nostrils.

Digestive Functions.—The *toothache* of *Pulsatilla* is brought on, or aggravated, by eating, and by warmth, and relieved by cold; this symptom is very characteristic. It is homœopathic to a drawing, jerking toothache, as though the nerve of the tooth were drawn out and let go again. The mouth is, especially early in the morning, dry, bad or foul smelling, and loaded with a quantity of tenacious phlegm; so also is the throat. A bitter taste in the mouth, and yellow-coated tongue. The taste is flat, putrid, sour, or bitter. Violent thirst, especially for stimulants, with moist tongue. Aversion to food. Indigestion from fat meat or pastry. *Vomiting* of bile, mucus, or of a bitter, sour fluid. Waterbrash. *Risings*, tasting as described above, and also of food. Pain, pressure, creeping and perceptible pulsations in the pit of the stomach. Colic, or cutting colic, with diarrhœa. Diarrhœa, green, bilious, or watery at night; this is often caused by indigestible, fat food. Piles. The above symptoms occur mostly at night, early in the morning, or after eating. *Pulsatilla* is seldom indicated by solitary symptoms, the whole group should correspond.

Respiratory Affections.—Catarrh, with a thick, yellowish, green, offensive, mucous discharge from the nose, with loss of taste and smell; this will be early in the morning; the nose is stopped up overnight. Catarrhal affections during measles, chicken-pox, and other rashes, or from their suppression. Suffocative paroxysms at night; ulcerative pains in the breast-bone, which feels sore to touch. Violent fits of palpitation, partial loss of sight, and difficulty of breathing, especially at night, and when lying on the left side. The whole group must correspond, including the patient's temperament, to the pathogenetic effects of this drug.

Urinary Affections.—Frequent desire to pass water, with pressure in the bladder; common in pregnancy. Wetting the bed. The consequences of stricture. A whitish, slimy discharge from the urethra, with burning after passing water. Enlarged testicle, consequent upon a suppressed discharge.

RHEUM.

(*Rhabarbarum, Rhubarb.*)

General Characteristics.—*Rheum* is principally confined in homœopathic practice to the bowel affections of infants and young children. *Rhubarb*, a drug capable of producing diarrhœa in a healthy individual, is used *empirically* by the old system; *Rheum* can only possibly cure diarrhœa by its

homœopathicity to that condition of the bowels causing the alvine discharge, and in the hands of the allopathist it does more harm than good. General heaviness, as from too deep or too short sleep.

Sleep.—Pale face, and grumbling whilst asleep. Sad, anxious dreams.

Digestive Functions.—Sour taste; want of appetite, and at the same time a feeling of hunger; nausea and colic; distention of the stomach and small bowels; colic preceding and accompanying loose, foul, *sour-smelling* stools; also ineffectual urging to stool, before and after a firstly loose, but afterwards hard motion. The urging to stool is increased by moving about.

RHUS TOXICODENDRON.—*Rhus Tox.*

(*Sumach, Poison Oak.*)

General Symptoms and Characteristics.—*Rhus Toxicodendron* is especially useful in rheumatic and typhoid affections; in injuries of joints, especially sprains and strains; and in vesicular erysipelas. The pains are worse during rest, or on first attempting to move.

Skin.—Erysipelas (vesicular, for the non-vesicular variety, see *Bell.*); swelling (often extensive) of parts, after inflammatory eruptions, with heat, redness, and fever. All vesicular and blister-like

eruptions, with itching, burning, or smarting, and redness of the skin; also with swelling.

Fevers.—Fever having a typhoid aspect. Abdominal typhus. Bilious and gastric typhus. Tenderness of the abdomen, especially in the right groin; discharges from the bowels; foul smelling urine; the tongue, and often the lips are coated with a thick blackish slime or mucus; thirst; foul taste. Fever, with talkative delirium, and pains in the limbs.

Head.—Brain symptoms of typhus; constant headache and heaviness of the head; beating noise in the ears; mind partly deranged, causing hesitation and slowness in answering when spoken to. The eyes and eyelids are inflamed and swollen, in vesicular erysipelas of the face. Earache, with throbbing pains in, and swelling of, the ear.

Respiratory Organs.—Dry, short cough, from tickling in the bronchial tubes; difficult respiration, with typhoid symptoms (dry tongue, etc.).

Digestive Organs.—Rheumatic toothache, relieved by warmth. Mouth and tongue are very dry, or dry tongue only, with flow of watery mucus in the mouth. Complete loss of appetite, or the desire is satisfied by a very small quantity of food. Bitter taste; food tastes bitter. Diarrhoea; the stools are mixed with blood or mucus, or are jelly-like; they are preceded by colic.

The Limbs, Joints, etc.—The pains are worse whilst sitting, lying, or at rest, or on first moving

the affected limb, and are often removed or alleviated by continued action. Paralytic pains; bruised, sprained pains. Feeling of weight and weariness in the limbs; vesicular erysipelas of the feet.

SAMBUCUS NIGRA.—*Samb.*

(*Black Elder, Nat. ord. Sambucineæ.*)

The scope of this remedy is somewhat limited. It is useful in soreness of the chest, with an accumulation of phlegm, and accompanied by danger of suffocation. It is especially indicated in the asthma of infants. It is more seldom used in dropsy of the whole body; and in fever, with profuse sweats.

SECALE CORNUTUM.—*Sec.*

(*Spurred Rye, Ergot.*)

General Characteristics.—*Sec.* vitiates or destroys the vitality or inner life of living tissues. It exercises an especial action over the generative organs, especially of females.

Skin.—In dry gangrene of various parts; malignant boils or pustules, etc., in debilitated individuals of deficient power of vital reaction. A leading characteristic of *Sec.* is, tingling (formication) of the skin, chiefly affecting the extremities.

Fever is merely symptomatic, and is not necessary to the completion of a *Secale* group of symptoms.

Digestive Functions.—Great and sudden prostration, with nausea and vomiting, and slimy diarrhoea.

SEPIA.—*Sep.*

(*Ink of the Cuttle Fish.*)

General Characteristics.—*Sepia* is indicated in many, especially chronic, female complaints. Its other chief sphere of action is in that of cutaneous diseases.

Skin.—*Sepia* is a valuable remedy for the itch, and for the secondary eruptions, consequent upon its mismanagement, by *Sulphur* or *mercurial* ointments. Also in chronic skin complaints of infants. The patient has, if *Sepia* be indicated, a fine delicate skin, and a mild tearful temperament.

SILICEA.—*Sil.*

This remedy is useful in diseases of the glands and bones, and for certain forms of ulcers. *Glands*; enlargement and hardening of, ending in the secretion of purulent matter. *Bones*; death of, evidenced by the ulcerations of a contiguous part, and profuse suppuration, and, perhaps, the escape of gritty

particles of dead bone. The ulcers frequently occur in persons of a scrofulous habit of body, and who have been weakened by the too free use of *Mercury*.

SPONGIA TOSTA.—*Spong.*

(*Carbo-Spongiæ, Burnt Sponge.*)

General Symptoms and Characteristics.—This is a very useful remedy in domestic practice; it is used in various respiratory and scrofulous affections.

Skin. — Enlarged glands. Derbyshire neck (goitre) of scrofulous individuals; the enlargements are non-suppurative.

Ears.—In scrofulous individuals, discharge of matter from the ears, with deafness; noises in the ear; deficient wax in the ear.

Respiratory Affections.—*Spong.* appears to have a special power over the upper portion of the windpipe, including the larynx (organ of voice). In croup (after *Acon.*) with wheezing and sense of suffocation; pale, even clammy, and anxious countenance; hoarse and weak voice; dry burning in the windpipe. Bronchitis, in cases where some of the before-mentioned symptoms are present, with a deep cough (out of the chest), with burning pain in the chest.

STRAMONIUM.—*Stram.*

(*Datura Stramonium*, *Thorn Apple*.)

General Symptoms and Characteristics. — The action of this drug is almost entirely restricted to that class of affections where the brain and spinal cord are affected, as evidenced by the symptoms and mental state of the patient. It is homœopathic to rigid or convulsed spasms of the whole body, or of single limbs; to furious mania, etc.

Skin.—*Stramonium* is required in cases where an eruption having suddenly disappeared, the brain is affected (see "*Brain and Spinal Cord*").

Fever.—In typhus, with furious delirium, the patient has to be held down in bed; he screams, and has dreadful illusions; he sees mice, rats, etc.

Brain and Spinal Cord.—As above mentioned, the leading characteristics of *Stram.* are the spasms and the delirium. The spasms may be alternated with fainting fits. The body and limbs are either rigid during the whole paroxysm, or there are, alternately, contractions and extensions of the limbs,—generally the upper limbs are convulsed before the lower. Spasms of the face, causing great distortion of the features,—a common appearance is that of sardonic laughter. The convulsions may be excited by the sight of water, or of a looking-glass, with fear of choking. The patient is furious, trying to bite, strike, or kick the bystanders.

He laughs loudly, and is easily irritated by very slight causes. The delirium is accompanied by frightful visions, with fever (see "*Fever*"). Some of these symptoms occur, and would therefore indicate the employment of *Stram.*, in epilepsy, hydrophobia, the convulsions of hysterical females, etc. Also in mania, whether present in cerebral typhus (typhus of the brain), in delirium tremens, or as a disease *per se* (*mania ferox*).

Sleep.—The patient is constantly drowsy, or he sleeps heavily, with noisy breathing, between the convulsions. The sleep may be interrupted by dreams.

Eyes.—The eye symptoms are, in most brain affections, very marked. The eyes are sparkling and staring, with dilated pupils; or they are inflamed and sensitive to light. The sight may be affected,—the patient sees double, or sees visions, or white objects appear to have a reddish areola.

Mouth.—Loss of voice, accompanied by (perhaps furious) delirium; foaming at the mouth, with discharge of frothy saliva. The throat feels constricted.

Digestive Functions.—The symptoms of this class are entirely subordinate to those of the brain. In diseases requiring *Stram.*, blackish, earthy-smelling diarrhoea, as well as vomiting, may come on.

Respiratory Affections.—The voice is shrill. The patient is unable to fully expand the chest (inspire deeply).

Urinary Affections.—Retention of urine, often

followed by a profuse flow of urine, is an occasional symptom of cerebral disease.

SULPHUR.—*Sulph.*

General Symptoms and Characteristics.—This substance has been known for ages as *the specific remedy* for itch. It is the most important of Hahnemann's antipsoric remedies, and it is recommended by him for almost every known disease, not of a syphilitic or sycotic origin; its use in domestic practice is much more limited.

Skin.—Itch-like eruptions; itching, especially in the bends of joints, as the groins, under the knees, arms and forearms, wrists, and fingers (and clefts of); with burning, relieved by scratching; minute vesicles, which discharge a fluid, after which the itching then ceases. Itch-like vesicles on the parts mentioned. The itching comes on, or is aggravated, when warm in the bed. Eruptions, with burning itching. Boils. Swollen, indurated, and suppurating glands. Various kinds of tetters; scald-head. Excoriations of infants. Varicose veins.

Fever.—Long-continued and wasting fever, with chilliness, profuse, sour, or offensive sweats at night, or in the morning, especially on waking.

Brain and Spinal Cord.—Stitching headache, chiefly in the forehead; fulness, heaviness, and pressure; throbbing, tingling, roaring, and hum-

ming in the head, caused by a rush of blood to the head; with heat in the head, mostly in the morning and evening. Headache as from a hoop fastened round the head, or feeling of pressure from within outwards in the temples. Vertigo, especially when sitting, walking, or when crossing running water; in the morning, with bleeding from the nose, or in the evening after dinner; the headache is worse in the open air. Chronic, gouty, rheumatic affections; diseased hip-joints; paralysis. Nervous affections from repelled eruptions.

Sleep. — Nightmare; disturbed sleep; with anxious dreams of wild beasts. Sleeplessness; unrefreshing sleep.

Face and Nose. — Inflammation and swelling, particularly of the tip of the nose. Burning and inflammation of the nose. Bleeding from the nose.

Eyes. — Itching, tingling, redness, and burning in the eyes and eyelids. Mist, as if a piece of gauze were before the eyes. Dryness of the eyes, or profuse flow of tears. Ophthalmia, conjunctivitis, and sore eyes of scrofulous individuals.

Ears. — Roaring, humming, or ringing in the ears. Itching and sweating of the ear. Boring pains in the ear (meatus). Deafness.

Mouth and Teeth. — Blisters in the mouth, or aphthæ, with soreness. Sores at the corners of the mouth. Toothache in the open air, in a draught, in the morning, and at night. The teeth feel loose and elongated.

Digestive Function.—Taste: flat, sweetish, foul, bitter, or sour; chiefly early in the morning, and on waking. Appetite: too great, even excessive, or complete loss of appetite. Dislike to meat, fat, milk, wine, or to acid or sweet things. Dyspepsia; stomachache, and pains in the abdomen, especially after eating sweets or acid things. Belchings, empty, or tasting of food, or sour, or burning; nausea; waterbrash or vomiting (of food), especially early in the morning. Pressure, or full, heavy feeling at the pit of the stomach.

Bowels: constipation (chronic), the stool is hard, lumpy, and deficient; *Diarrhœa:* the stools are sour smelling, undigested, or involuntary. Various kinds of worms. Piles. *Sulph.* is useful in cases, almost always chronic, where the entire group of symptoms, as well as the temperament of the patient, correspond to its pathogenetic effects.

Respiratory Affections.—Dryness of the nose; discharge of an acrid, burning fluid from the nose; this last may be succeeded by dryness. Hoarseness, roughness in the throat. Chronic cough, paroxysmal, night or day, with thick or purulent expectoration. Chronic whooping-cough. Breathing short or difficult, or stoppage of when talking; suffocative or wheezing *pains*; chronic pains in the chest, consequent upon neglected inflammation of the lungs.

Urinary Affections.—Wetting the bed,—children with worms, in cases where it is otherwise indi-

cated. Frequent discharge of watery urine in large quantities. Discharge of white mucus from the urethra.

VERATRUM ALBUM.—*Veratr.*

(*White Hellebore.*)

General Symptoms and Characteristics.—Large and poisonous doses of this drug cause rapid and utter prostration of all the vital powers,—with vomiting; involuntary bowel discharges; coldness of the body; small or collapsed pulse; scarcely perceptible or imperceptible, or stertorous, respiration; congestion of the brain and lungs. *Veratrum* appears primarily to affect the digestive tube, producing violent irritation of its entire length. It is a most valuable remedy in cases of violent inflammation of the digestive organs, as in *Asiatic Cholera*.

Fever.—Various intermittent fevers; the symptoms are,—coldness of the whole body; continual chills; cold clammy sweats; scarcely perceptible pulse; burning pains in the pit of the stomach and in the bowels, with, externally, cold surface; spasmodic vomiting and retching; stupor.

Brain and Spinal Cord.—Excessive anguish, oppression, and anxiousness; low, desponding spirits; semi-consciousness or loss of consciousness; delirium, sometimes violent; dizziness and reeling, as though intoxicated; giddiness and dimness of

vision. The above symptoms should be associated with symptoms of irritation of the digestive or urinary organs.

Sleep.—Stupor, with semi-consciousness; with starts as though frightened.

Face, Eyes, etc.—Distorted protruding eyes; the pupils are either too much dilated, or they are too much contracted. Loss of sight in cases where the other symptoms indicate *Veratrum*. *Face*: pale, cold, resembling that of a corpse. *Lips*: dry, black, and cracked. Salivation, with cold tongue and loss of voice.

Digestive Functions.—Grating of the teeth; salivation; frothing at the mouth; acrid, salt, bitter taste; dry, black, cracked, yellow tongue. *Throat* feels constricted, with choking, chiefly when swallowing, with fear of suffocation. *Thirst*: excessive desire for cold drinks, and for cool, sour food (fruits). *Nausea*: violent, frequent or continual. *Vomiting*: violent and excessive; constant vomiting of food; of black bile and blood; of froth and white or greenish yellow mucus; with great prostration, pressure, burning, and anguish at the pit of the stomach; great tenderness of the whole abdomen to touch. *Colic*: flatulent, with rumbling and pain, like that of a red-hot coal in the bowels. *Diarrhœa*: bloody, acrid, watery, perhaps involuntary, especially at night, or otherwise. All these symptoms are accompanied by extreme prostration.

Constipation.—*Veratrum* is useful in cases where

the stool is large, and there is a sensation of weakness in the rectum during its expulsion. Worms. A fac-simile of many cases of *Asiatic Cholera* is given above, in the treatment of which disease this drug is one of our most valuable remedies.

Respiratory Affections.—Deep, hollow cough, with cutting colic, and loss of voice; spasmodic cough with a sense of suffocation, with retching, or vomiting, as in whooping-cough. Oppressed breathing, with fulness, and belching of wind. Violent palpitation, with anxious pain about the heart, with stoppage of the breath.

Urinary Affections.—Inability to retain urine, and involuntary passage of urine. Difficulty in passing urine.

VIOLA TRICOLOR.—*Viol. Tr.*

(*Jacea, Pansy.*)

The sphere of action of this remedy is very limited.

Face.—*Viola Tricolor* is a valuable remedy for *Crusta Lactea* (*Milk-Crust*), more especially in cases where the urine smells like that of cats, and is clouded, and there is much burning of the eruption; the symptoms are more marked and aggravated at night.

COD-LIVER OIL.

(*Oleum Jecoris Morrhuæ.*)

General Characteristics.—As its name implies, this oil is obtained from the livers of cod-fish. Its use has been objected to by some homœopathists, as a departure from legitimate homœopathic practice, but seemingly without sufficient reason. The fact that *Cod-Liver Oil* contains infinitesimal doses of *Iodine*, *Bromine*, etc., and our knowledge that its use is beneficial in scrofulous diseases, prove that we may often employ it with advantage in those complaints. We know that *Spongia* contains minute quantities of *Iodine* and *Bromine*, and that it is more efficacious, in many cases, than either one or the other of those substances (prepared artificially). The inorganic constituents of *Cod-Liver Oil*, in like manner, closely resemble those of *Sponge*, and it is, we know, equally valuable in certain, generally similar, constitutional states. Children soon become used to its, at first, somewhat unpleasant taste. A small pinch of salt, before and after taking a dose of this oil, is nearly always sufficient to allay any irritability of the stomach, until that organ becomes used to it. The dose for a child is a teaspoonful three times a-day; for an adult, in like manner, a dessertspoonful. In both cases a less quantity may be given at first.

Cod-Liver Oil should always be obtained from a

chemist of established reputation, as it is a common practice in the trade to increase the profit by adulterating the pure oil with some cheap vegetable oil; this proceeding generally disgusts the stomach and the stomach's owner, both by the oil's indigestibility, and by the want of benefit derived, if its use be persevered in, from its use.

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